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TV chef
Fast Ed's
fab food



Baked meatballs



Raspberry slice



Yes,
you can!
Lamb shanks
plus
low-GI mash
page 23

52^{NEW} hearty recipes

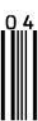
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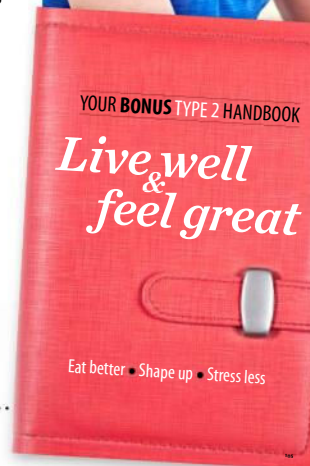
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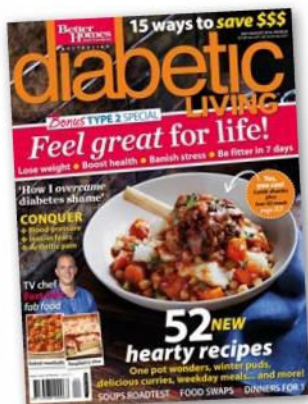
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WELCOME



You're not alone

Every five minutes an Australian is diagnosed with diabetes – most likely type 2. That's about 280 people a day. If you've just been diagnosed, it's easy to feel alone, and as though you've failed in some way. Indeed, any diagnosis of a chronic condition triggers a range of emotions. You may experience shock or even grief, like the subjects of our *My story* profiles (pages 132 and 142). When these initial feelings subside, most people realise that embracing a healthier lifestyle is the way forward.

Do you have type 2? Treat our bonus guide to living well with type 2 as your 'road map' to a long and active life. It's full of expert tips on everything from eating and exercising to managing on days when the dreaded flu strikes.

Encourage your loved ones to buy this issue, too. If they embrace a healthy lifestyle now they will increase their chances of never having to deal with a diagnosis.

Healthy eating is essential and 'Fast Ed' Halmagyi from Channel 7's *Better Homes and Gardens* is among the growing number of chefs creating recipes suitable for people living with diabetes. Ed's two marvellous recipes featured in this issue will also appear on the TV show.

Keep an eye out for more. Enjoy!

Toni Eatts, **Editor**



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**LOOK OUT
for our next issue,
on sale 4 August**



Shop like a dietitian

Our experts reveal the healthiest – and tastiest – ways to fill your trolley for less. Turn to page 98.

Posing – the real deal

Fitness, flexibility and better blood glucose levels – all forms of yoga boost your wellbeing. For tips on getting started, see page 144.



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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Here to help

Meet our experts – they'll advise you on all aspects of your *diabetes management*



In conversation with...

Dr Angus Turner

Ophthalmologist, Lions Outback Vision, Nedlands, WA

What is an ophthalmologist and how can one help my diabetes management?

An ophthalmologist is a medical specialist who treats eye problems and is qualified to perform eye surgery. People living with diabetes may have eye conditions, such as diabetic retinopathy or diabetic macular oedema, that require expert management. This might include laser treatment, injections or surgery.

What are some signs my eyes may need testing, and how often should they be examined?

Everyone should get their eyes tested on first being diagnosed as having diabetes. Then, unless you're advised to schedule tests more often, you should have your eyes examined every two years. Your optometrist may refer you to an ophthalmologist if he or she detects signs of disease.

How much is a visit likely to cost?

You will need a referral

from an optometrist or a GP to see an ophthalmologist. You won't pay anything if you visit an ophthalmologist in a public hospital. A private consultation or treatment may be subsidised by Medicare but there is often a gap payment, depending on the investigations or treatment required. When making your appointment, ask your specialist about out-of-pocket costs.

What made you get into ophthalmology and why did you specialise in diabetes?

I have been fascinated with eyes ever since I was a 15-year-old

student dissecting an ox's eye in science class. My interest grew when I realised there was a high rate of blindness in outback areas and among Indigenous populations.

When I learnt that much of this is due to diabetes, that became my area of interest. Treating eye problems associated with diabetes continues to be a passion.



OUR EXPERTS

Dr Kate Marsh

Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. lntanhealth.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at the Diabetes Centre at Royal Prince Alfred Hospital. ■



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Here's where you have your say, tell others your stories and give *feedback* on your magazine



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star letter

GLORIOUS AND GLUTEN FREE

I have a partner with type 2 and I am following the FODMAP eating plan for my fermentable sugar intolerances. It's ironic his body can't convert sugars into energy while mine is intolerant to fermentable sugars. *DL* covers both of our health challenges with fantastic gluten-free recipes. I find something different and tasty that suits us both in each issue. The many articles on diabetes are also an enjoyable way of keeping up with what is new. Such an inspirational magazine!
Dianne Honey, Vic

A GREAT RESOURCE

My daughter was diagnosed with diabetes a while ago. I happened to see your magazine advertised and decided that to help and support her, I needed to really understand what having diabetes entails. I bought a subscription and I have been so impressed – not just with the recipes, factual articles and other information, but with the setting out, too. It is all so clear, with great photographs and information that is easy to find. I hope to use the material in your

upbeat magazine to help my daughter manage her condition, if not reverse it.

Helen Amprimo, NSW

YUM FOOD, TOP TIPS

I reckon *DL* is the best magazine for all home cooks to get interesting recipes and ideas. There are also great tips on healthcare and new products. Keep up all the great work – I will be trying some of your yummy recipes soon.

T Vanderpol, via email

ROB'S WORDS INSPIRE

I am 77 and was diagnosed with type 2 in 2003. It shocked me, as I had no typical symptoms, other than being overweight. I lost 30kg over 12 months and am pleased to say I am still managing my diabetes with diet alone. I bought the first couple of issues of *DL* and have subscribed to it ever since. It is great in so many ways. The first thing I look at is Rob Palmer's *Postcards from the Shed*. I think all young people with type 1 should read his page, as it is inspirational. Congratulations to him and your magazine.

Joan Nicastri, via email



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Winter is coming...

I get a flu shot every year!
For me it's a no-brainer. What's
one more needle in the grand
scheme of things?

– Brooke Payne

METERS, METERS EVERYWHERE!

I counted my meters the other day – I have eight. I keep
them everywhere so one is always at hand. I've got them
in my car, in the kitchen, in the bathroom, in my handbag,
in my beach bag and next to my bed.

– Monique Tyrrell

Debunking diabetes 'cures'

My favourite was the young
man who tried to tell me that
eating young corn would
cure my diabetes.

– Christine Limburg

FAMILY MATTERS

My five-year-old granddaughter helps me manage
my diabetes. She even gets all my tablets ready to have
with my breakfast. She also knows what foods
make my BGLs skyrocket.

– Melissa Reeves

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Your health

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National Diabetes Week kicks off on 10 July. This year's NDW aims to raise awareness about amputations. The take-home message? By making healthy choices (such as exercising

regularly and eating *DL's* delish dishes!) and practising good self-care, you can avoid this extreme complication. Visit diabetesaustralia.com.au or pop into your local office for more information.

100,000

Number of Australians diagnosed with diabetes in the past year.

SERVICE UPDATE

Changes to the NDSS

From 1 July, you will no longer be able to access subsidised National Diabetes Service Scheme (NDSS) products through Diabetes Australia and its state and territory branches, or via the NDSS website and phone line. Instead, all NDSS products will be distributed through pharmacies. No changes are being made to the types of products available. For more information, visit ndss.com.au or speak with your pharmacist.

Ask DR LINJAWI



I have type 2 and always feel tired. Could my diabetes be to blame?

A: This is a complaint I hear daily. There could be several reasons for your fatigue, including:

1 Unstable blood glucose levels (BGLs) are the most common cause. High BGLs cause the kidneys to constantly filter sugar from the blood, resulting in more trips to the toilet and often causing dehydration and disrupted sleep. High BGLs can also result in cellular starvation.

Low BGLs can make you feel tired, too. Hypos can occur if you take insulin or other medications, resulting in insufficient fuel (sugar) reaching the brain, making you feel sluggish.

2 You may also have anaemia (iron deficiency) or B12 deficiency, which result in poor oxygen delivery to the body's cells and the brain. Your body has to work harder to carry out normal functions, wearing you out.

3 The final common cause is poor sleep, which can be due to irregular sleep patterns (because of shift work) or obstructive sleep apnoea. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:

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NEWS FLASH

Artificial pancreas trials 'encouraging'

Is insulin control a struggle? Fancy bionic help? A device that mimics the pancreas may soon be on its way

Keen to know how those clever scientists who are developing the artificial pancreas are getting on? The latest is that they're making great progress.

The bionic pancreas is intended to mimic the real thing by releasing insulin in response to changes in your blood glucose levels (BGLs).

According to Sydney endocrinologist Dr Stephen Thornley, the future for these groundbreaking devices looks bright.

One of the most advanced is Boston University's iLet, which may be released in the US in 2019. Initial trials suggest using iLet results in significantly improved BGLs.

'So far the results are encouraging,' says Dr Thornley.

'There's minimal need for carbohydrate counting with iLet, unlike with conventional insulin pumps.

'It can also administer glucagon if your glucose level is dropping,' he says.

Watch this space!



Tech talk: FreeStyle Libre

WHAT IS IT? Abbott's new flash glucose monitor. 'It continuously measures and stores your blood glucose levels (BGLs) via a sensor and reader,' says DL diabetes educator Dr Kate Marsh. 'You scan the sensor with the reader to see your BGL, the direction it's heading and a history of what your BGLs have been doing over the past eight hours – all without having to prick your

finger,' she says. 'Each sensor lasts for 14 days and you can scan as often as you like.

'Unlike other monitors, it will not sound an alarm to tell you you're high or low, but it will alert you to this when you scan.'

COST: The reader carries a one-off \$95 cost; sensors are

\$95 each (equivalent to \$47.50 per week).

MORE INFO: At this stage, the FreeStyle Libre is only approved for people over 18. freestylere.com.au



Ask ELISSA



My son is about to start his first after-school job – how can he best balance work with his type 1?

Elissa's son, Billy, has been living with type 1 since he was eight years old. Here are his thoughts:

A: At 14, I spent my Sundays working at a café. I was upfront. I told my boss and workmates I'd need to check my blood glucose levels (BGLs) regularly. They were very understanding.

As I was on my feet for almost all the working day, it took a few shifts to adjust the basal levels on my pump so I wouldn't go low. I found my levels would drop even if I under-bolused for meals, so I used a temporary basal to keep my BGLs at an ideal level. If need be, I'd eat jelly beans between meals to stop from going low.

If my levels were dropping, I'd sip a milkshake between serving customers. If I felt my levels were high, I'd test and, if I had to, bolus. I would then keep a bottle of water handy. I found drinking plenty of water after bolusing brought down my levels more quickly than bolusing alone. ➤

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



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TRUE OR FALSE?

Eating cinnamon can lower your blood glucose levels (BGLs).

THE SCIENCE: 'The most recent meta-analysis found that taking cinnamon lowered fasting BGLs by about 1.3mmol/L as well as reducing total cholesterol, LDL ('bad') cholesterol and triglycerides, while increasing HDL ('good') cholesterol levels,' says Dr Marsh. 'However HbA1c levels weren't changed.'

THE VERDICT: While adding cinnamon to muesli or a latte will do no harm, more research is needed to prove this claim.

HOW TO...

Beat the munchies

Try one of *DL* dietitian Lisa Urquhart's super snack ideas



1 130g (½ cup) low-fat Greek-style plain yoghurt served with ¼ cup fresh or frozen blueberries.

2 130g can reduced-salt baked beans.



3 10 natural almonds with 1 medjool date.

4 3 Arnott's Vita-Weat crispbreads spread with 2 tsp tomato relish and topped with



1 sliced hard-boiled egg.

5 A small skim latte served with 1 Arnott's Snack Right Sultana Fruit Slice biscuit.
6 30g trail mix.

Good to know: All these snack suggestions have some protein to power you through until dinner. They also contain about 1 carb exchange (15g) to ensure your blood glucose levels (BGLs) don't skyrocket or plummet, and are all under 600kJ.

Ask DR MARSH



Cooking without salt makes everything taste bland! How can I add flavour without it?

A: While your tastebuds may need time to adapt to eating less salt, low-sodium cooking need not be tasteless. The key is to add flavour from lemon and lime juices or herbs and spices – many of which also provide important antioxidants and phytochemicals. Try:

- Adding coriander, lemongrass, chilli and lime juice to stir-fries or salads.
- Roasting vegetables with a few sprigs of fresh rosemary or thyme.
- Combining garlic, basil, pine nuts, olive oil and parmesan to make a pesto for pasta, chicken or fish.
- Adding freshly chopped basil, oregano and garlic to no-added-salt canned tomatoes for a pasta sauce.
- Making your own salad dressings from extra virgin olive oil, lemon juice, vinegar and freshly chopped herbs, such as parsley, chives and mint.
- Replacing Indian curry pastes with a combination of turmeric, ginger, cumin and coriander. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialed diabetes educator

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PAIN EXPLAINED

How do 'good' and 'bad' post-workout pains differ? Christine Armarego has the answer...



✓ **GOOD PAIN** refers to delayed onset muscular soreness (DOMS), meaning your muscles hurt for up to 72 hours after exercise. It's a 'good' ache because it signals your body is building muscle. Stretching will relieve it, and the more exercise you do, the less DOMS you will experience.

✗ **BAD PAIN** hampers your mobility or range of motion and affects your daily life. Unlike DOMS, it strikes your joints. Its causes include aggravating an existing injury, wrongly performing an exercise and overtraining. If rest and ice do not clear it, see your physio or doctor.



67% That's your chance of cutting your risk of dementia if you go ballroom dancing regularly, according to a US study. So dust off those dance shoes!

Take the plunge

Don't let injections stymie your fitness goals! Reduce pain, and the risk of injecting into muscle, by choosing a finer insulin delivery system such as Novo Nordisk's NovoFine Plus 4mm needles. Go to novonordisk.com.au

Ask CHRISTINE



It's cold outside! What exercises can I do in the comfort of my home?

A: Cooler weather, darker mornings and early evenings can really reduce the amount of time you're able (and willing!) to spend outdoors. Luckily, there are lots of ways to exercise within your own home.

● **DO LAPS** Try walking up and down the hallway or doing a circuit from the kitchen to the dining room and the lounge to help get in your recommended 10,000 daily steps.

● **SWITCH ON** If you lack motivation to work out on your own, a fitness DVD can help. It's like being at an exercise class without having to drive there and back.

● **WEIGH IN** Resistance training is great if you have limited space. Use your own body weight to do planks, push-ups (wall, bench or floor), calf raises, squats, sit-ups, lunges and shoulder presses. You could also lift hand weights or cans of food.

● **CLEAN UP** Not keen to follow a conventional routine? Vacuuming, scrubbing, washing and even painting are all good ways to boost your kilojoule burn for the day. Plus, you'll get your chores done! ■

Christine Armarego, accredited exercise physiologist

Email your questions to:

diabeticliving@pacificmags.com.au

Post: Diabetic Living, Q&A: Exercise, GPO Box 7805, Sydney, NSW 2001.

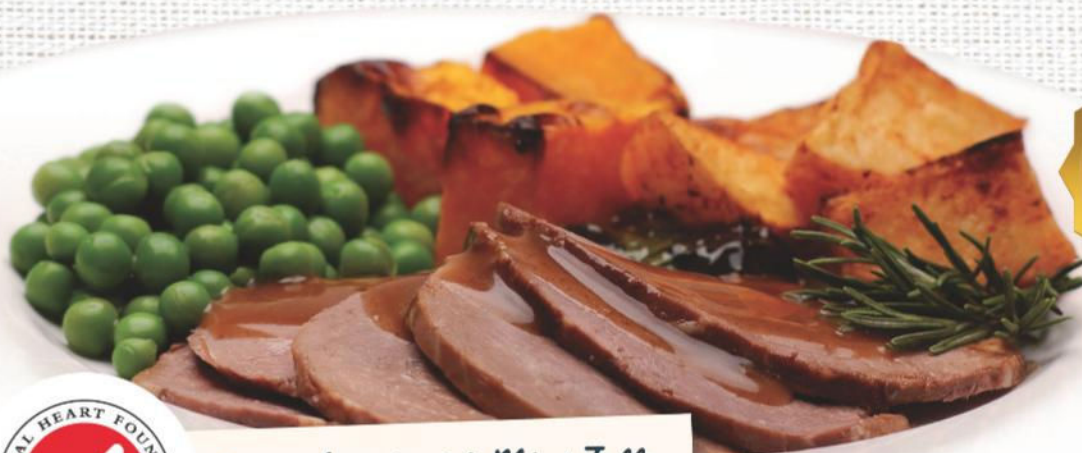
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Roast Lamb with Mint Jelly

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Cyber guru

Her experience of the type 1 blues drives Helen Edwards to *reach out online* to others learning to accept and manage their diabetes

Helen Edwards was diagnosed with type 1 diabetes at the age of 12 after a family road trip to Queensland. 'Dad had converted a transit van and I remember clambering over my parents three or four times a night to go to the toilet,' recalls Helen, now 48, who also experienced rapid weight loss before her diagnosis.

It took Helen years to accept her diabetes. 'I missed my best friend's 13th birthday sleepover because I was in hospital after being diagnosed,' she says. 'I didn't want anyone to know about my diabetes. I felt ashamed, different...'

The former social worker says the arrival of her three sons – now aged 22 to seven – made her face her type 1 and seek support. 'I wanted to connect with other people with diabetes,' she says.

To that end, Helen launched her first website – Diabetes Counselling Online (DCO) – in 2001, to help people with diabetes connect with each other and with health professionals.

Earlier this year, the writer and blogger launched Care 4 Social, a website that combines her love of social media with her passion for health and wellbeing. 'Moments when a person says, "I thought I was the only one who felt like this" are special,' she says. 'If we can do that every day, we've done a good thing.'

Why did it take you so long to come to terms with diabetes?

I didn't want anything to do with diabetes because I was told the likely outcomes of not managing it well would be my legs being chopped off, my kidneys packing in, going blind, dying 15 years too young and not having babies. It brought a lot of fear.

What changed your thinking?

I had my first child and suddenly it wasn't about me but this life I was growing. So I began managing my diabetes well. I still had challenges – my relationship with my first son's dad didn't last and I had a breakdown due to my work. But I found help and found my tribe.

What made you reach out online to others with diabetes?

My goal is to help people have happy, healthy lives with diabetes because there are negative messages, misunderstandings and presumptions about diabetes. I wanted to create somewhere where people could



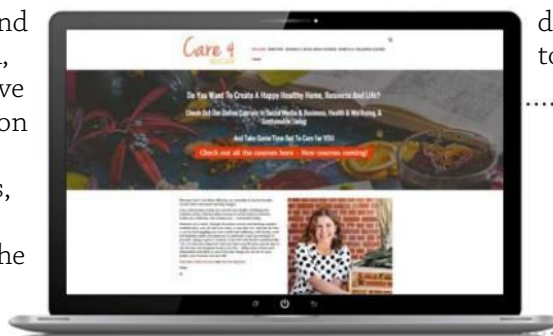
communicate with each other and healthcare professionals.

What are some of the high points of your work?

I was a state finalist for the 2016 Australian of the Year Awards for my work in diabetes, and a Telstra Business Women's Awards South Australian finalist in 2015. I've also published a picture book for kids with type 1 called *Diabetes Can't Stop Me!*

What are you working on now?

I recently launched an online course to help people living with diabetes and their caregivers to manage burnout. Having had type 1 for so long, I have experienced several burnouts... and it can be really tough. The course is all about breaking down the shame associated with diabetes-related anxiety and depression, and helping people to manage it effectively. ■



THE FACTS

WHAT: Care 4 Social

WHEN: Established in 2016

WHERE: care4social.com



WHAT HAPPENS NEXT IS UP TO YOU

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Fast Ed's fab food

Better Homes and Gardens TV chef **Ed Halmagyi** shares two delicious diabetes-friendly dishes – say nothing and no one will know they're healthy!

Renowned chef and *Better Homes and Gardens* TV show presenter 'Fast Ed' Halmagyi has a reputation for cooking and serving nutritious food that tastes great. Ed believes we should all be eating dishes that are diabetes-friendly.

'Just like my amazing slice,' he says of his Raspberry ricotta slice (see recipe on page 22).

These delicious, ricotta-stuffed baked meatballs are also designed for people living with diabetes, but are equally good for everyone else as well. Perfect for a simple (and tasty) family dinner.

Ed was dubbed 'Fast Ed' on the *Better Homes and Gardens* TV show because he takes restaurant-worthy dishes and turns them into recipes you can cook at home. Ed has a simple motto: 'When you do less, the ingredients can do more.'

He certainly knows his way around a kitchen, having had more than 20 years' experience working in some of the best restaurants in Australia and overseas.

It's a career that lured him away from pursuing a law degree and introduced him to the media

world. Over the past decade, Ed has appeared on TV and radio, and written for newspapers and magazines. He has also penned best-selling cookbooks such as *An Hour's the Limit* and *The Food Clock: A Year of Cooking Seasonally*.

At home on Sydney's northern beaches he regularly indulges his love of baking – we're sure his wife, Leah, and their two kids are more than happy to sample the results!

Baked meatballs with fresh tomato sauce

PREPARATION TIME: 20 MINS

COOKING TIME: 25 MINS

SERVES 4 (AS A MAIN)

800g extra-lean beef mince
250g frozen spinach, thawed,
excess moisture squeezed out
Freshly ground black pepper,
to season
2 x 60g eggs
250g low-fat fresh ricotta
Olive oil cooking spray
2 tsp extra virgin olive oil
1 brown onion, finely chopped
8 cloves garlic, crushed
1 tsp drained capers, chopped
500g ripe tomatoes, finely chopped

¼ bunch basil leaves, plus extra,
to serve
Mixed salad leaves, to serve

1 Preheat oven to 200°C (fan-forced). Line a medium shallow ovenproof dish with baking paper. Put beef and spinach in a large bowl and mix well. Season with pepper. Add eggs and 100g of the ricotta. Knead until smooth. Divide mixture into 36 even pieces.

2 Wrap 1 piece beef mixture around a heaped ½ tsp of remaining ricotta. Repeat with remaining beef mixture and ricotta. Spray with cooking spray and arrange in prepared dish. Bake for 15 minutes.

3 Meanwhile, heat oil in a medium saucepan over a medium heat. Add onion, garlic and capers. Cook, stirring occasionally, for 5 minutes or until onion starts to soften. Add tomato and cook for a further 5 minutes. Use a fork to break up tomato. Season with pepper and stir in basil.

4 Pour sauce over meatballs and bake for a further 10 minutes or until cooked through. Sprinkle with extra basil and serve with salad leaves. ➤



gluten free

How
our food
works
for you

see page 92

**nutrition
info**

PER SERVE 1732kJ,
protein 57g, total fat
15.3g (sat. fat 5.7g),
carbs 7g, fibre 7g,
sodium 337mg.

- Carb exchanges $\frac{1}{2}$.
- GI estimate low.
- Gluten free.

lower carb



Raspberry ricotta slice

PREPARATION TIME: 10 MINS
COOKING TIME: 50 MINS
SERVES 14 (AS AN OCCASIONAL
SNACK OR DESSERT)

Cooking spray

280g (1¾ cups) wholemeal

plain flour

½ tsp bicarbonate of soda

110g (½ cup) caster sugar

60ml (¼ cup) canola oil

2 eggwhites (from 60g eggs)

3 x 60g eggs

2 tsp vanilla extract

250g fresh ricotta

1 Tbsp cornflour

Finely grated zest of 2 oranges

360g (3 cups) fresh or frozen

raspberries

1 Preheat oven to 180°C (fan-forced). Spray a 16 x 26cm (base measurement) slice tin with cooking spray. Line base and sides with baking paper, allowing paper to overhang sides.
2 Combine flour, bicarbonate of soda and half the sugar in a large

bowl. Add oil and mix well. Add eggwhites, 1 egg and 1 tsp vanilla extract. Mix until well combined. Press mixture over the base of the prepared pan. Bake for 20 minutes or until golden brown. Set aside.
3 Reduce oven to 160°C (fan-forced). Put ricotta, cornflour, orange zest and remaining sugar, eggs and vanilla in a large bowl. Whisk until smooth and well combined. Add raspberries and fold in until just combined. Spread mixture over base and smooth the surface. Bake for a further 30 minutes or until top is firm to the touch. Set aside in the pan to cool completely. Cut into 14 pieces and serve.

COOK'S TIPS

► If you'd like to further reduce the fat content, you can use low-fat fresh ricotta instead.
► When using frozen raspberries, do not allow them to thaw before adding to the ricotta mixture as they will bleed colour. ■

nutrition info

PER SERVE 798kJ, protein 6g, total fat 7g (sat. fat 1.6g), carbs 24g, fibre 4g, sodium 104mg. • Carb exchanges 1⅓. • GI estimate medium.



SEE MORE OF ED

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, read *Better Homes and Gardens* magazine and tune in to the *BHG* TV show on Channel 7. Check your local TV guide for scheduling information.

on the
cover

winter WARMER

Slow-cooked until they're fall-apart tender, lamb shanks are the ultimate **comfort food** for cool nights. Dig in!

Mediterranean-style lamb shanks with mash

PREPARATION TIME: 15 MINS

COOKING TIME: 3 HOURS 45 MINS

SERVES 4 (AS A MAIN OR OCCASIONAL MAIN WITH MASH)

½ tsp extra virgin olive oil
4 x 350g lean French-trimmed lamb shanks
2 large brown onions, finely chopped
3 carrots, thickly sliced
3 sticks celery, finely chopped
125ml (½ cup) white wine
810g can Ardmona Crushed Tomatoes
6 small fresh bay leaves
4 sprigs lemon thyme
420g can no-added-salt chickpeas, rinsed and drained
Extra lemon thyme leaves, to serve

Mashed potato

850g Carisma potatoes, unpeeled
60ml (¼ cup) low-fat milk, warmed
White pepper, to season

1 Preheat oven to 140°C (fan-forced). Heat oil in a large non-stick

frying pan over a medium-high heat. Add lamb shanks and cook, turning often, for 6-7 minutes or until well browned. Transfer to a large ovenproof dish with a lid.

2 Add onion, carrot and celery to frying pan. Cook over a medium heat, stirring occasionally, for 6-7 minutes or until onion begins to soften. Increase heat to high and add wine. Cook, stirring often, for 2 minutes. Add tomato and bring to a simmer.

3 Sprinkle bay leaves and thyme over lamb shanks. Pour over tomato mixture. Cover and bake for 3 hours. Add chickpeas and bake for a further 30 minutes or until lamb shanks are tender.

4 Meanwhile, to make mashed potato, put potatoes in a large saucepan and cover with cold water. Cover and bring to the boil over a high heat. Reduce heat to medium and cook, partially covered, for 30 minutes or until potatoes are very tender. Set aside for 10 minutes or until cool enough to peel. Peel potatoes and return to pan. Mash until

almost smooth. Add milk and beat until smooth. Season with pepper.

5 Divide mash between shallow serving bowls. Top with lamb shanks and spoon over vegetable sauce. Sprinkle with extra lemon thyme and serve.

COOK'S TIPS

► If you don't have an ovenproof dish with a lid, completely cover the top of your dish with a double layer of foil before baking.

► To vary the flavour, replace the chickpeas with a can of butter beans and the lemon thyme with fresh rosemary.

nutrition info

PER SERVE (with mash) 2327kJ, protein 42g, total fat 17g (sat. fat 5.9g), carbs 48g, fibre 15g, sodium 378mg. • Carb exchanges 3¼. • GI estimate low. • Gluten free.

PER SERVE (without mash) 1767kJ, protein 37g, total fat 16.8g (sat. fat 5.8g), carbs 23g, fibre 12g, sodium 366mg. • Carb exchanges 1½. • GI estimate low. • Gluten free. ■

It's time to change lives!

With an estimated two million Aussies at high risk of developing type 2, there's no better time than now to spread the word about our Change4Life campaign

1. TAKE IT

Encourage everyone you know to take the type 2 risk assessment quiz. Find it online at Diabetes Australia or on our Facebook page. It takes only two minutes to complete!



2. CHECK IT



A high score may not mean you have diabetes, but you should see a GP, especially if you are in a high-risk category.

Change 4 LIFE



4. MOVE IT

Exercise makes your body work better and every little bit counts. See the following pages for tips from accredited exercise physiologist and Change4Life ambassador Dr Adam Fraser.



3. SWAP IT

A healthy diet will benefit the whole family and reduce everyone's type 2 risk. Take charge by making smart switches, tweaking portion sizes and cooking DL's delicious meals!

With thanks to our partners **TRUE** *equal*

GET checked, GET healthy

*A prescription
for better health*

Take the next step towards a diabetes-free future with the *DL* Change4Life campaign

Have you heard about Change4Life? Launched in our January/February issue, this campaign aims to raise awareness about type 2 diabetes. Type 2 is Australia's fastest-growing condition, however it's estimated that as many as 58 per cent of cases can be prevented by making healthy lifestyle choices.

Now is the perfect time to urge your loved ones to take the type 2 risk assessment quiz, see their GP and make healthy eating and lifestyle choices.





Assess your risk today

Type 2 has no single cause. Major risks include:

- Having a family history of diabetes.
- Being overweight or obese.
- Being over 35 with a Maori, Pacific Islander, Middle Eastern,
- Chinese, Indian, south-east Asian, Torres Strait Islander or Aboriginal background.
- Being over 55.
- Lack of exercise or a poor diet.

TRY THIS For an assessment of your own or a loved one's risk, check out the Department of Health's Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK). Find it online at Diabetes Australia or on our Facebook page at facebook.com/australiandiabeticlivingmagazine



Check in with your GP

Do you fall into one or more of the major risk categories for type 2? If so, see your GP. They will check your blood pressure and weight, and may arrange an oral glucose tolerance test that will measure the amount of glucose in your blood. Remember to follow up and discuss your results.



Shape up your plate

Healthy eating doesn't have to be boring – or involve deprivation! If you eat well-balanced meals and sensible portions most days of the week, you'll help prevent the development of type 2 or help manage it if you have been diagnosed. That means focusing on wholegrain and low-GI carbs, vegies, fruit, lean dairy, meat and fish. Get meal inspiration in our recipe section, from page 20.



Move more, feel better

Exercise is a key component in keeping type 2 at bay or well-managed. Why?

'A single session of exercise increases your insulin sensitivity – meaning your insulin works more effectively – for up to 48 hours,' says Dr Adam Fraser. 'As a result, your blood glucose levels (BGLs) are lower, less insulin is needed and you feel more energised as glucose gets into your cells more easily.'

Regular exercise also reduces your blood pressure, increases cardiovascular fitness and circulation, improves your balance and gives you a mental boost. What's not to love? Turn to page 116 for a great seven-day workout guide.



Kickstart your *fitness*!

Change4Life ambassador Dr Adam Fraser shares his simple shape-up secrets

HOW OFTEN SHOULD I EXERCISE?

This always depends on where you are starting but, generally, doing something every second day is a great place to begin. This gives your body a day to recover. As your fitness improves, try exercising every day, but do different things on alternating days to avoid injury or overtraining. Aim to include some cardiovascular exercise and some resistance training for optimal benefits. This can include walking, swimming, cycling and, at home or in a gym, weight training. You could also join an exercise class – the camaraderie makes it more enjoyable and gives you a great opportunity to make new friends.

HOW CAN I MAKE IT A HABIT?

Help exercise become a part of your routine by giving these tips a try:

Link your activity to something you already do

For example, if you catch up with friends for coffee or brunch each week, go for a walk before you meet them (or suggest you do it together).

Make it easy

Often people stop exercising because of other barriers, such as 'the parking is terrible at the gym', or 'there's no shower at work', or 'my exercise gear always seems to be in the wash'. Set things up so your planned activity is really easy to do. Try hitting the gym at a quieter time, such as Sunday morning. Exercise straight after work rather than before. Pack your clothes in a gym bag the night before your workout and keep your shoes by the front door.

Save the date

Most people hate letting others down, so set an activity appointment you don't want to break – for example, with a walking buddy or your exercise physiologist. Pre-paying for a yoga class or gym membership can also help incentivise you to show up!



Want more great tips on getting ahead of type 2?

Like DL's Facebook page at **facebook.com/australian
diabeticlivingmagazine**

Smoky paprika and sweet potato soup with chickpeas and prosciutto
The crispy topping is the bonus treasure in this pot of gold.
see recipe, page 34 >>

gluten free

How
our food
works
for you
see page 92

**nutrition
info**

PER SERVE 1231kJ,
protein 9g, total fat
8.9g (sat. fat 1.6g),
carbs 40g, fibre 10g,
sodium 634mg.
• Carb exchanges 2½.
• GI estimate low.
• Gluten free.

All in one

When it's cold outside, these **slow-cooked** soups and stews will warm your home and your heart

Beef in red wine
Raise a glass to this meaty main
– the vegies are all here, too.
see recipe, page 36 >>

nutrition info

PER SERVE 1991kJ, protein 51g,
total fat 12.7g (sat. fat 4.1g), carbs
29g, fibre 11g, sodium 322mg.
• Carb exchanges 2. • GI estimate
low. • Gluten-free option.

Creamy sweetcorn and
mussel chowder

There's nothing corny about
this souper seafood combo.

see recipe, page 36 >>

nutrition info

PER SERVE 1402kJ,
protein 21g, total fat
12.4g (sat. fat 5.2g),
carbs 32g, fibre 6g,
sodium 496mg.

- Carb exchanges 2.
- GI estimate low.
- Gluten free.

gluten free

• GOOD for YOU

Some cuts of lamb can be fatty, such as mince or chops, but leg steaks are a great choice – they're very lean and rich in iron and zinc, which is important for red blood cell function and immunity. Try them grilled on the barbecue or slow-cooked in a stew.

FOOD *one pot*



Lamb and vegetable stew with herb dumplings

Great balls of flavour! Hit the jackpot
with this comfort-food classic.

see recipe, page 36 >>

nutrition info

PER SERVE 1824kJ,
protein 37g, total fat
13.4g (sat. fat 4.1g),
carbs 38g, fibre 9g,
sodium 545mg.

- Carb exchanges 2½.
- GI estimate medium.

nutrition info
PER SERVE 2015kJ,
protein 38g, total fat
11.9g (sat. fat 2g),
carbs 44g, fibre 14g,
sodium 729mg.
• Carb exchanges 3.
• GI estimate low.

Chicken stew with
pearl barley and olives
Napkins to the ready! This
divine Med-style meal
is a serious slurp fest!
see recipe, page 37 >>



Parsnip and celeriac
soup with walnut pistou
Add pizzazz with pistou, the
French version of pesto.
see recipe, page 38 >>

nutrition info

PER SERVE 1367kJ,
protein 12g, total fat
15.8g (sat. fat 5g),
carbs 29g, fibre 9g,
sodium 410mg.

- Carb exchanges 2.
- GI estimate low.

From Morocco to the Middle East, your culinary *JOURNEY* starts here!

Moroccan chicken and chickpea stew

PREPARATION TIME: 10 MINS

COOKING TIME: 1 HOUR 40 MINS

SERVES 4 (AS A MAIN)

Pinch saffron threads
2 Tbsp boiling water
2 tsp extra virgin olive oil
2 brown onions, finely chopped
2 cloves garlic, crushed
8 small chicken drumsticks,
skin removed
2 tsp ground ginger
1 tsp ground cinnamon
1 Massel Ultracube Salt Reduced
Vegetable Stock Cube
500ml (2 cups) boiling water
90g (½ cup) Blu Gourmet
Pearl Couscous
Finely grated zest and juice of
1 orange
1 bunch baby carrots, scrubbed,
trimmed, halved if large
420g can no-added-salt chickpeas,
rinsed and drained
200g green beans, trimmed, halved
Coriander and parsley leaves,
to serve (optional)

1 Combine saffron and water in a small heatproof bowl. Set aside.
2 Heat oil in a large stoveproof and ovenproof casserole dish over a medium heat. Add onion and garlic. Reduce heat to low and cook, stirring occasionally, for 8-10 minutes or until onion softens. Transfer onion to a plate and set aside. Increase heat to high and add chicken. Cook for 2-3 minutes, turning occasionally, until chicken is lightly browned.
3 Add ginger and cinnamon. Cook, stirring, for 1 minute. Add

combined stock cube and water, couscous, orange zest and juice, onion and saffron water. Stir until well combined, making sure couscous is totally covered with liquid. Cover and cook for 1 hour.

4 Add carrots. Cover and cook for a further 15 minutes. Add chickpeas and beans and stir. Cover and cook for 10 minutes or until beans and carrots are tender. Using a slotted spoon, transfer chicken to a plate. Tear chicken into pieces, discarding bones. Return chicken to dish, sprinkle with herbs, if using, and serve.



Smoky paprika and sweet potato soup with chickpeas and prosciutto

PREPARATION TIME: 20 MINS

COOKING TIME: 40 MINS

SERVES 4 (AS A LIGHT MEAL)

1 Tbsp extra virgin olive oil
1 brown onion, chopped
2 cloves garlic, crushed
1 Tbsp smoked paprika
1 tsp ground harissa
1kg orange sweet potato,
peeled, chopped
1 Massel Ultracube Salt Reduced
Vegetable Stock Cube
1.5L (6 cups) boiling water
Olive oil cooking spray
20g thinly sliced prosciutto

40g (⅓ cup) The Happy Snack
Company Crunchy Roasted
Chic Peas

Freshly ground black pepper,
to serve

1 Heat oil in a large saucepan over a medium heat. Add onion and garlic. Reduce heat to medium-low and cook, stirring occasionally, for 8-10 minutes or until onion softens.

2 Add paprika and harissa and cook, stirring, for 30 seconds. Add sweet potato and stir to combine. Add combined stock cube and water. Cover and bring to a simmer over a high heat. Reduce heat to low and cook, stirring occasionally, for 25 minutes or until sweet potato is very tender.

3 Set aside for 10 minutes to cool slightly. Transfer to a food processor or blender. Cover and process (in batches, if necessary) until smooth. Return to pan. Cook, stirring, over a low heat until heated through.

4 Meanwhile, preheat a grill on medium. Line an oven tray with foil. Spray prosciutto with cooking spray and arrange on prepared tray. Transfer to grill and cook for 4-5 minutes or until prosciutto starts to darken and crisp. Set aside to cool. Break into pieces.

5 Divide soup between bowls. Top with prosciutto and chickpeas, sprinkle with pepper and serve.

COOK'S TIP

You can freeze individual portions, without the prosciutto and chickpeas, in small airtight containers for up to 3 months. ➤

Moroccan chicken
and chickpea stew
Ginger, spice and all things nice...
it's a world of flavour in one dish.
see recipe, opposite

**nutrition
info**

PER SERVE 1804kJ,
protein 41g, total
fat 12.2g (sat. fat
3g), carbs 34g,
fibre 9g, sodium
402mg. • Carb
exchanges 2½.
• GI estimate low.





Beef in red wine

PREPARATION TIME: 15 MINS

COOKING TIME: 3 HOURS 15 MINS

SERVES 4 (AS A MAIN)

2 tsp extra virgin olive oil
 2 brown onions, finely chopped
 2 cloves garlic, crushed
 5 sprigs thyme
 2 bay leaves
 800g piece lean beef topside, trimmed of fat, cut into small cubes
 2 Tbsp wholemeal plain flour or gluten-free flour
 250ml (1 cup) red wine
 185ml (¾ cup) salt-reduced beef stock or gluten-free stock
 2 Tbsp no-added-salt tomato paste
 3 carrots, chopped
 500g Carisma potatoes, unpeeled, cut into chunks
 250g brussels sprouts, trimmed, cut into wedges
 Extra thyme sprigs, to serve

1 Preheat oven to 150°C (fan-forced). Heat oil in a large stoveproof and ovenproof casserole dish over a medium heat. Add onion, garlic, thyme and bay leaves. Reduce heat to medium-low. Cook, stirring occasionally, for 7-8 minutes or until onion softens.

2 Increase heat to high and add beef. Cook, tossing often, for 2-3 minutes or until beef just changes colour. Add flour and cook, stirring, for 1 minute. Add wine and cook for 2 minutes. Add stock, tomato paste, carrot and potato. Bring to a simmer.

3 Cover dish with lid and transfer to oven. Bake for 2½ hours, stirring once. Add sprouts and stir. Cover and bake for a further 30 minutes or until meat is very tender. Sprinkle over extra thyme sprigs and serve.



Creamy sweetcorn and mussel chowder

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 4 (AS A LIGHT MEAL)

500g mussels, cleaned and debearded
 250ml (1 cup) water
 2 tsp extra virgin olive oil
 1 large white onion, finely chopped
 2 cloves garlic, crushed
 300g Carisma potatoes, peeled, finely chopped
 500ml (2 cups) low-fat milk
 2 corncobs, husks and silk removed, kernels cut off
 100ml light thickened cream
 2 Tbsp finely chopped flat-leaf parsley
 Freshly ground black pepper, to season

1 Put mussels and water in a large saucepan. Cover and bring to the boil over a high heat. Reduce heat to medium-high and cook, shaking pan often, for 2-3 minutes or until mussels open. Drain liquid, reserving 250ml (1 cup). Set mussels aside for 5 minutes before removing from shells. Finely chop flesh. Put in a small bowl, cover and set aside. Wipe out pan.

2 Heat oil in clean pan over a medium heat. Add onion and garlic. Reduce heat to low and cook, stirring occasionally, for 8-10 minutes or until onion is very soft but doesn't colour. Add potato, milk and reserved cooking liquid. Bring to a simmer over a medium heat. Cook, stirring occasionally, for 10 minutes or until potato is just tender.

3 Add corn and continue to cook for a further 3-4 minutes or until corn is just tender and bright yellow. Add cream and mussel flesh. Stir until heated through. Stir in parsley, season with pepper and serve.



Lamb and vegetable stew with herb dumplings

PREPARATION TIME: 15 MINS

COOKING TIME: 2 HOURS 55 MINS

SERVES 6 (AS A MAIN)

½ tsp extra virgin olive oil
 750g lamb leg steaks, trimmed of fat
 1 parsnip, chopped
 1 carrot, chopped
 3 sticks celery, chopped
 10 pickling onions, peeled, quartered
 3 sprigs rosemary, leaves picked
 5 whole cloves garlic, peeled
 800g can no-added-salt chopped tomatoes
 185ml (¾ cup) salt-reduced vegetable stock
 2 tsp Dijon mustard
 Freshly ground black pepper, to season

Herb dumplings

110g ($\frac{2}{3}$ cup) wholemeal self-raising flour
100g ($\frac{2}{3}$ cup) self-raising flour
 $\frac{1}{3}$ cup chopped herbs (such as parsley and rosemary)
40g light margarine
3 Tbsp reduced-fat grated cheese
125ml ($\frac{1}{2}$ cup) skim milk

1 Preheat oven to 150°C (fan-forced). Heat oil in a large heavy-based stoveproof and ovenproof casserole dish over a medium-high heat. Add lamb and cook for 1-2 minutes on each side or until browned. Add parsnip, carrot, celery, onion, rosemary, garlic, tomato, stock, mustard and pepper. Stir well, making sure lamb is covered in liquid. Cover, transfer to oven and bake for 2½ hours or until lamb is tender and breaks into pieces easily.

2 Meanwhile, to make herb dumplings, combine flours and herbs in a medium bowl. Using your fingertips, rub in margarine until well combined. Stir in cheese. Add milk and, using a flat-bladed knife, mix until dough comes together to form a ball. Divide dough into 18 small balls.

3 Remove lid from dish and arrange balls over the top of the stew. Increase oven temperature to 180°C (fan-forced). Bake, uncovered, for 20 minutes or until dumplings are cooked through and light golden on top. Serve.

COOK'S TIP

If you can't find pickling or baby onions, you can replace them with 2 regular brown onions. Cut into wedges, then thinly slice. You can also use thyme instead of rosemary.



Chicken stew with pearl barley and olives

PREPARATION TIME: 20 MINS

COOKING TIME: 1 HOUR

SERVES 4 (AS A MAIN)

100g ($\frac{1}{2}$ cup) pearl barley
3 tsp extra virgin olive oil
4 x 125g skinless chicken breast fillets, trimmed of fat, halved
2 brown onions, cut into very thin slivers
3 cloves garlic, thinly sliced
185ml ($\frac{3}{4}$ cup) white wine
2 carrots, chopped
1 green capsicum, sliced
2 bay leaves
Few sprigs thyme
410g can no-added-salt tomato puree
500g tomatoes, chopped
185ml ($\frac{3}{4}$ cup) salt-reduced vegetable stock
Skin of 1 lemon, peeled into strips, white pith removed, thinly sliced
90g ($\frac{1}{2}$ cup) Sicilian green olives
4 x 30g slices wholemeal sourdough bread, to serve

1 Put barley in a small bowl and cover with hot water. Set aside.

2 Heat 1 tsp of the oil in a large saucepan or heatproof casserole dish over a medium-high heat. Add chicken and cook for 1-2 minutes on each side or until browned. Transfer to a plate.

3 Add remaining oil to pan and heat over a medium heat. Add onion and garlic. Reduce heat to medium-low and cook, stirring occasionally, for 7-8 minutes or

until onion softens. Increase heat to high and add wine. Cook, stirring, for 1 minute. Drain barley. Add to pan along with carrot, capsicum, bay leaves, thyme, tomato puree, tomato, stock and lemon rind. Stir well, making sure barley is covered with liquid. Cover and bring to a simmer over a high heat. Reduce heat to medium-low and cook, covered, for 30 minutes.

4 Add chicken and olives. Continue to cook, covered, for 10-15 minutes or until chicken is just cooked and barley is tender. Remove bay leaves and thyme stalks and serve with bread.

COOK'S TIP

If you prefer, you can replace the green capsicum with red capsicum and the green olives with black olives. ➤



Parsnip and celeriac soup with walnut pistou

PREPARATION TIME: 15 MINS

COOKING TIME: 55 MINS

SERVES 6 (AS A LIGHT MEAL)

3 tsp extra virgin olive oil
 1 brown onion, finely chopped
 1 leek, trimmed, finely chopped
 2 cloves garlic, crushed
 1 Tbsp plain flour or
 gluten-free plain flour
 400g parsnip, peeled, chopped
 400g celeriac, peeled, chopped
 6 sprigs thyme
 1 Massel Salt Reduced
 Vegetable Stock Cube
 1.25L (5 cups) boiling water
 250ml (1 cup) low-fat milk
 125ml (½ cup) light
 thickened cream
 Freshly ground black pepper,
 to season
 6 x 30g slices wholegrain
 sourdough bread, to serve

Walnut pistou

2 cups basil leaves
 40g good-quality walnuts
 30g (⅓ cup) shaved parmesan
 1 tsp extra virgin olive oil
 1 Tbsp freshly squeezed
 lemon juice

1 Heat 2 tsp of the oil in a large heavy-based saucepan over a medium heat. Add onion, leek and garlic and stir well. Reduce heat to medium-low. Cook, stirring occasionally, for 8-10 minutes or until leek softens. Add flour and cook, stirring, for 1 minute.

2 Add parsnip, celeriac, thyme and combined stock cube and water. Cover and bring to a simmer over a medium heat. Reduce heat to medium-low and cook, covered, for 30 minutes or until vegetables are very tender. Remove lid and set aside for 10 minutes to cool slightly.

3 Transfer soup to a food processor or blender. Cover and process (in batches if necessary) until smooth. Return soup to pan over a low heat and stir in milk and cream. Cook, stirring often, for 7-10 minutes or until heated through.

4 Meanwhile, to make walnut pistou, put basil, walnuts and parmesan on a board. Using a large, sharp knife, chop finely. Transfer to a small bowl. Stir in oil and lemon juice.

5 Divide soup between bowls. Spoon in a little walnut pistou, season with pepper, drizzle with remaining oil and serve with bread.

COOK'S TIP

This soup can be kept in the fridge for up to 3 days. Alternatively, you can freeze individual portions, without the pistou, in small airtight containers for up to 3 months. ■

A French twist gives our topping extra **OOMPH**. Ooh la la!

Reignite your taste buds

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How
our food
works
for you

see page 92

**nutrition
info**

PER SERVE 596kJ,
protein 4g, total
fat 4g (sat. fat 1g),
carbs 22g, fibre 2g,
sodium 141mg.

- Carb exchanges 1½.
- GI estimate medium.



‘Mum cooked apple
pudding for my sisters
and me, and now
I make it for my kids.
It’s easy, cheap and
always tastes great.’

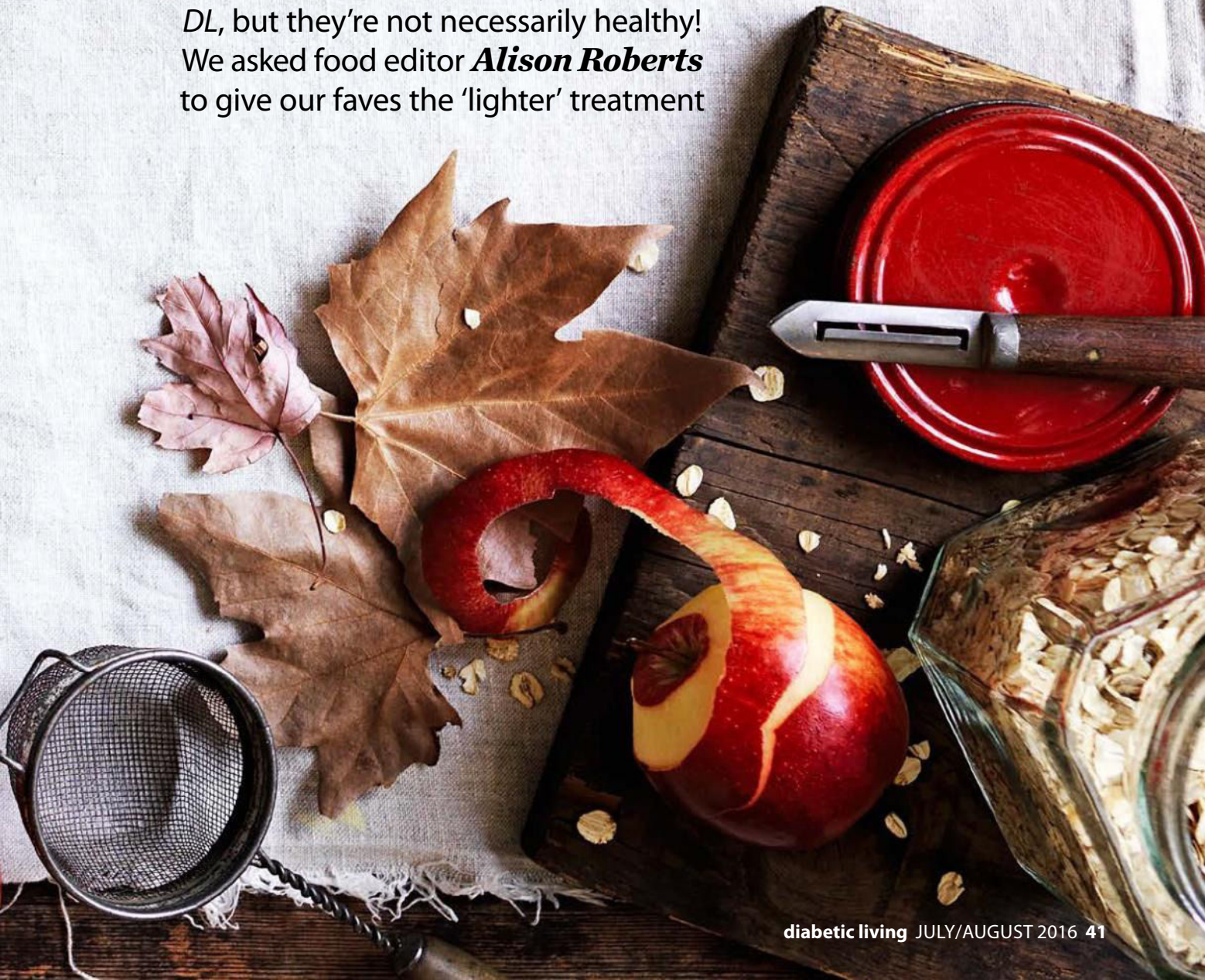
– Sandra Bridekirk,
chief subeditor

Apple puddings

The core idea here is
pleasure. Spoon time!
see recipe, page 46 >>

Childhood classics *revamped*

Do you have fond memories of a pud from the past? We certainly do here at *DL*, but they're not necessarily healthy! We asked food editor **Alison Roberts** to give our faves the 'lighter' treatment





'I grew up with type 1 diabetes and many desserts were off the menu. Fortunately, fruit crumble can be made so it's diabetes-friendly.'

— Dr Kate Marsh, dietitian and diabetes educator

Apple, rhubarb and ginger crumble
You'll go nuts for this crunchy treat. Dig in!
see recipe, page 46 >>

nutrition info

PER SERVE (with sugar)
840kJ, protein 4g,
total fat 8g (sat. fat 1.2g),
carbs 26g, fibre 4g,
sodium 52mg.
• Carb exchanges 1½.
• GI estimate low.

PER SERVE (with sugar substitute) 762kJ,
protein 4g, total fat 8g
(sat. fat 1.2g), carbs 21g,
fibre 4g, sodium 52mg.
• Carb exchanges 1½.
• GI estimate low.



**Butterscotch
self-saucing pudding**
The saucy succulence is sure
to have everyone salivating!
see recipe, page 46 >>

nutrition info

PER SERVE (without
ice-cream) 662kJ,
protein 3g, total fat
3g (sat. fat 0.7g),
carbs 31g, fibre 1g,
sodium 138mg.
• Carb exchanges 2.
• GI estimate medium.

PER SERVE (with
ice-cream) 819kJ,
protein 3g, total fat
5g (sat. fat 2.1g),
carbs 35g, fibre 1g,
sodium 155mg.
• Carb exchanges 2½.
• GI estimate medium.



'My kids get excited
when I cook a pudding.
It's that delicious hot-cold
combination when
served with ice-cream.'

– Elissa Renouf, DL contributor
and owner of Diabete-ezy



'My family is from the UK, so bread and butter pudding was permanently on the menu when I was growing up.'

– Rebecca Lake,
features editor

nutrition info

PER SERVE 706kJ,
protein 8g, total fat
4.5g (sat. fat 1.2g),
carbs 22g, fibre 3g,
sodium 174mg.

- Carb exchanges 1½.
- GI estimate low.
- Gluten-free option.

Pear and chocolate bread pudding

This English bake is
choc-full of flavour and
fruit. Talk about Brit pop!
see recipe, page 47 >>

**Golden syrup
dumplings**

Get a taste of nostalgia
with this retro Aussie fave.
see recipe, page 47 >>

nutrition info

PER SERVE 667kJ,
protein 3g, total fat
4.3g (sat. fat 1.1g),
carbs 24g, fibre 2g,
sodium 221mg.
• Carb exchanges 1½.
• GI estimate medium.



'Mum used to cook her dumplings in a glass saucepan and I loved to watch them simmering in the sauce.'

— Alison Roberts, food editor



Apple puddings

PREPARATION TIME: 10 MINS
COOKING TIME: 35 MINS
SERVES 4 (AS A DESSERT)

Cooking spray

1 large red apple, peeled and cored, thinly sliced
2 Tbsp wholemeal self-raising flour
2 Tbsp self-raising flour
2 Tbsp caster sugar
20g light margarine, melted
125ml (½ cup) skim milk
125ml (½ cup) water
50g egg, lightly whisked
1 tsp vanilla essence
Icing sugar, to serve (optional)

1 Preheat oven to 180°C (fan-forced). Spray 4 shallow 10.5cm (base measurement) ovenproof dishes with cooking spray. Divide apple between prepared dishes.
2 Combine flours and sugar in a medium bowl. Add margarine, milk, water, egg and vanilla. Whisk well.
3 Pour mixture evenly over apple. Bake for 30-35 minutes or until the tops are light golden brown and the mixture is set. Dust with icing sugar, if using. Serve warm.

Ali's healthy tweaks

'I reduced the sugar and added a little more flour for extra body.'



Apple, rhubarb and ginger crumble

PREPARATION TIME: 15 MINS
COOKING TIME: 35 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

Cooking spray

400g red apples (such as royal gala), peeled, cored, sliced
1 small bunch rhubarb, ends trimmed, cut into 4cm lengths
1 tsp finely grated ginger
2 Tbsp caster sugar or granulated sugar substitute
1 cinnamon stick
160ml (⅔ cup) water

Crumble

2 Tbsp wholemeal plain flour
50g (½ cup) rolled oats
20g unblanched almonds, finely chopped
20g (2 Tbsp) almond meal
3 Tbsp brown sugar
½ tsp ground ginger
2 Tbsp light margarine

1 Preheat oven to 180°C (fan-forced). Spray a 1.5L (6 cup) shallow ovenproof dish with cooking spray. Put apple, rhubarb, ginger, sugar, cinnamon and water in a medium saucepan. Cover and bring to a simmer over a medium heat. Reduce heat to medium-low and cook, covered, stirring occasionally, for 15 minutes or until fruit is just tender.

2 Meanwhile, to make crumble, combine flour, oats, almond, almond meal, sugar and ginger in a small bowl. Using your fingers, rub in margarine until the mixture comes together.

3 Add fruit mixture to prepared dish and sprinkle crumble evenly over top. Bake for 20 minutes or until crumble is golden brown. Allow to cool slightly before serving.

Ali's healthy tweaks

'I cut the portion size, used wholemeal flour instead of white and reduced the margarine.'



Butterscotch self-saucing pudding

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

Cooking spray

50g (⅓ cup) self-raising flour
40g (¼ cup) wholemeal self-raising flour
1 Tbsp brown sugar
20g light margarine, melted, cooled slightly
½ very ripe banana, mashed
1 egg yolk (from 50g egg), lightly whisked
1 Tbsp golden syrup
60ml (¼ cup) skim milk
6 small (20g each) scoops Peters No Sugar Added Creamy Vanilla ice-cream, to serve (optional)

Sauce

45g (¼ cup, lightly packed) brown sugar
1½ Tbsp golden syrup
185ml (¾ cup) boiling water

1 Preheat oven to 170°C (fan-forced). Spray a 750ml (3 cup) ovenproof dish with cooking spray.

2 Combine flours and sugar in a medium bowl. Add margarine, banana, egg, syrup and milk. Whisk to combine. Pour batter into the prepared dish and smooth the surface.

3 To make sauce, sprinkle sugar evenly over batter. Combine syrup and water in a small jug. Carefully pour mixture over the back of a spoon, covering batter.

4 Bake for 18-20 minutes or until a skewer inserted into the top part of the pudding comes out clean. Serve with ice-cream, if using.

Ali's healthy tweaks

'The main change I made to Elissa's recipe was to cut the serving size. I also reduced the fat by replacing the butter with light margarine and the full-cream milk with skim.'



Pear and chocolate bread pudding

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 4 (AS AN

OCCASIONAL DESSERT)

Cooking spray

10g light margarine

70g thinly sliced (sandwich slice)

sourdough bread or

gluten-free bread

1 large ripe pear, peeled and cored, thinly sliced

2 Tbsp cocoa powder or

gluten-free cocoa powder

3 Tbsp Equal Spoonful

2 x 50g eggs

250ml (1 cup) skim milk

1 Tbsp brown sugar

¼ tsp ground cinnamon

1 Preheat oven to 170°C (fan-forced). Spray a 750ml (3 cup) ovenproof dish with cooking spray. Spread margarine over both sides of bread. Cut bread into small cubes. Toss bread and pear together in a medium bowl.

2 Combine cocoa and Equal Spoonful in a small bowl. Add eggs and whisk to combine. Whisk in milk. Spoon bread and pear mixture into prepared dish. Pour over egg mixture. Set aside for 10 minutes.

3 Combine sugar and cinnamon in a small bowl. Sprinkle over pudding mixture. Put dish in a roasting pan and pour boiling water into pan until water comes halfway up the sides of the dish. Bake for 30-35 minutes or until pudding is set. Set aside for 5 minutes before serving.

COOK'S TIP

If you like, you can replace the pear with a punnet of raspberries or blueberries.

Ali's healthy tweaks

'Rebecca's favourite recipe contained a lot of bread, so I reduced the amount and switched to sourdough to further cut the carbs. Butter was replaced with light margarine, and cocoa powder and pear were added for extra flavour and sweetness.'



Golden syrup dumplings

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 4 (AS A DESSERT)

50g (½ cup) self-raising flour
40g (¼ cup) wholemeal self-raising flour
20g light margarine
1 egg yolk (from 50g egg), whisked
1 Tbsp Equal Spoonful
2 Tbsp skim milk

Syrup

375ml (1½ cups) water

80ml (⅓ cup) Queen Maple

Flavoured Syrup (sugar free)

3 Tbsp golden syrup

10g light margarine

Freshly squeezed juice of ½ lemon

1 Combine flours in a small bowl. Add margarine and, using your fingertips, rub in until well combined. Add egg yolk, Equal Spoonful and milk. Using a flat-bladed knife, stir until mixture comes together. Shape dough into 12 small balls. Set aside.

2 To make syrup, put all the ingredients in a medium saucepan. Bring to a simmer over a high heat. Reduce heat to medium and cook for 5 minutes.

3 Reduce heat to medium-low. Add dumplings to pan and cook, covered, for 5 minutes or until a skewer inserted into the centre of dumplings comes out clean. Using a slotted spoon, transfer 3 dumplings to each serving bowl. Increase heat to high and cook syrup for a further 5 minutes or until reduced by half.

4 Spoon about 1 Tbsp syrup into each bowl. Serve.

Ali's healthy tweaks

'I modified Mum's recipe by reducing the size of the dumplings and the amount of sugar. I also added lemon juice for a little bit of zing.' ■

Potato, cauliflower
and pea curry

The nutty crunch in this
vegie hot pot will make
it the toast of the town.

see recipe, page 52 >>

How
our food
works
for you

see page 92

**nutrition
info**

PER SERVE (with roti
and sides) 1701kJ,
protein 17g, total fat
13g (sat. fat 3.5g),
carbs 48g, fibre 14g,
sodium 356mg.
• Carb exchanges 3¼.
• GI estimate medium.

nutrition info

PER SERVE (with rice
and sides) 1522kJ,
protein 15g, total fat 11g
(sat. fat 3.2g), carbs 44g,
fibre 13g, sodium 356mg.
• Carb exchanges 3.
• GI estimate low.
• Gluten free.

Currying FLAVOUR

Add spice to your life with these **waist-friendly** versions of takeaway faves – just team one of five fragrant mains with easy sides and roti or rice

nutrition info

PER SERVE (with rice and sides) 1901kJ, protein 42g, total fat 11.7g (sat. fat 3.8g), carbs 39g, fibre 9g, sodium 410mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten free.

nutrition info

PER SERVE (with roti and sides) 1813kJ, protein 43g, total fat 13.5g (sat. fat 4.1g), carbs 29g, fibre 10g, sodium 410mg.

- Carb exchanges 2.
- GI estimate medium.

Lamb masala

Put some fire in your belly with this mighty meal.

see recipe, page 52 >>



Fish curry
Yellow mustard seeds make this golden bowl pop. see recipe, page 54 >>

nutrition info

Left: **PER SERVE** (with rice and sides) 1815kJ, protein 40g, total fat 9.8g (sat. fat 4.5g), carbs 41g, fibre 9g, sodium 314mg.

- Carb exchanges 2 $\frac{2}{3}$.
- GI estimate low.
- Gluten free.

PER SERVE (with roti and sides) 1728kJ, protein 40g, total fat 11.6g (sat. fat 4.8g), carbs 31g, fibre 11g, sodium 314mg.

- Carb exchanges 2.
- GI estimate medium.

nutrition info

Right: **PER SERVE** (with rice and sides) 1733kJ, protein 39g, total fat 5.8g (sat. fat 1.8g), carbs 45g, fibre 9g, sodium 154mg.

- Carb exchanges 3.
- GI estimate low.
- Gluten free.

PER SERVE (with roti and sides) 1645kJ, protein 40g, total fat 7.6g (sat. fat 2g), carbs 34g, fibre 10g, sodium 153mg.

- Carb exchanges 2 $\frac{2}{3}$.
- GI estimate medium.



Tandoori chicken with vegetable skewers
Stick around for chook and veg with a Bollywood sizzle. see recipe, page 54 >>

nutrition info

PER SERVE (with rice and sides)
1496kJ, **protein** 21g, **total fat** 4.7g
(sat. fat 1g), **carbs** 50g, **fibre** 15g,
sodium 379mg. • Carb exchanges 3½.
• GI estimate low. • Gluten free.

nutrition info

PER SERVE (with roti and
sides) 1675kJ, **protein** 23g,
total fat 6g (sat. fat 1.2g),
carbs 54g, **fibre** 17g,
sodium 379mg.
• Carb exchanges 3½.
• GI estimate low.

**Spinach and
tomato dhal**

There's loads of legumes,
bags of flavour and a touch
of heat. It's lentil-licious!

see recipe, page 55 >>



Potato, cauliflower and pea curry

PREPARATION TIME: 15 MINS

COOKING TIME: 1 HOUR 15 MINS

SERVES 4 (AS A MAIN)

- 2 tsp olive oil
- 2 brown onions, halved, very thinly sliced
- 2 cloves garlic, finely chopped
- 3cm piece ginger, peeled, finely grated
- 2 tsp garam masala
- Pinch ground chilli (¼ tsp if you like a bit of a kick)
- 400g Carisma potatoes, unpeeled, chopped
- ½ cauliflower, cut into small florets
- 500g tomatoes, chopped
- 1 Massel Ultracube Salt Reduced Vegetable Stock Cube
- 250ml (1 cup) boiling water
- 150g (1 cup) frozen peas
- 60ml (¼ cup) light thickened cream
- 2 Tbsp slivered almonds, toasted, to serve
- Coriander leaves, to serve
- 2 sides, to serve
- Roti bread or ½ quantity Saffron rice, to serve

1 Heat oil in a large heavy-based saucepan over a medium heat. Add onion. Reduce heat to medium-low and cook, stirring occasionally, for 10-12 minutes or until onion is very soft.

2 Increase heat to medium and add garlic, ginger, garam masala and chilli. Cook, stirring, for 1 minute. Add potato, cauliflower, tomato and combined stock cube and water to pan. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered, for 50 minutes or until vegetables are very tender.

3 Add peas and cook, covered, for a further 5-10 minutes or until peas are tender. Stir in cream.

4 Sprinkle over almonds and coriander. Serve with sides and Roti bread or Saffron rice.



Lamb masala

PREPARATION TIME: 10 MINS

COOKING TIME: 2 HOURS 15 MINS

SERVES 4 (AS A MAIN)

- 1 tsp olive oil
- 2 brown onions, halved, thinly sliced
- 2 cloves garlic, crushed
- 3cm piece ginger, peeled, finely grated
- 600g lamb leg steaks, trimmed of fat, cut into 2.5cm pieces

4 cardamom pods, crushed with the back of a knife

3 whole cloves

1 cinnamon stick, broken in half

2 tsp ground paprika

2 tsp ground cumin

1 long green chilli, halved lengthways

1 Massel Ultracube Salt Reduced Vegetable Stock Cube

250ml (1 cup) boiling water

2 bunches broccolini, trimmed, steamed, to serve

2 sides, to serve

Roti bread or Saffron rice, to serve

1 Preheat oven to 150°C (fan-forced). Heat oil in a large stoveproof and ovenproof dish over a medium heat. Add onion. Reduce heat to medium-low and cook, stirring occasionally, for 10-12 minutes or until onion is very soft.

2 Add garlic, ginger and lamb. Increase heat to high and cook, stirring, until lamb changes colour. Add cardamom, cloves, cinnamon, paprika, cumin and chilli. Cook, stirring, for 1 minute. Add combined stock cube and water. Stir well. Bring to a simmer.

3 Cover and transfer to oven. Bake for 2 hours, stirring once, until lamb is very tender and the sauce is thick and rich. Serve with broccolini, sides and Roti bread or Saffron rice.

NEED TO AVOID GLUTEN?

It is important to always check the labels of packaged spices to ensure they are gluten free.

EXTRAS

ALL ACCOMPANIMENTS SERVE 4

Roti bread

1 Combine 55g ($\frac{1}{3}$ cup) **wholemeal plain flour** and 50g ($\frac{1}{3}$ cup) **plain flour** in a medium bowl. Add 60ml ($\frac{1}{4}$ cup) **water**. Using your hands, bring the mixture together to form a dough, adding extra water if needed. Knead in $\frac{1}{4}$ tsp **olive oil**. Turn out onto a lightly floured surface and knead for 1-2 minutes or until smooth. Return dough to bowl, cover with plastic wrap and set aside for 30 minutes to rest.

2 Divide dough into 4 even portions. Roll 1 portion out on a lightly floured surface until it is 18cm-20cm in diameter. Repeat with remaining portions, layering the finished rounds between pieces of baking paper.

3 Heat a flat chargrill plate on high. Spray 1 side of 1 dough round with **cooking spray** and add it, sprayed side down, to plate. Cook until bubbles appear on the surface. Turn over and cook until more bubbles appear. Turn a few times and cook until bread is light golden brown. Cover loosely with foil to keep warm. Repeat with remaining dough rounds. Serve.

nutrition info

PER SERVE 445kJ, protein 3g, total fat 1.9g (sat. fat 0.3g), carbs 18g, fibre 2g, sodium 1.4mg. • Carb exchanges 1 $\frac{1}{4}$. • GI estimate medium.

Saffron rice

Put 140g ($\frac{2}{3}$ cup) **basmati rice** in a bowl. Cover with cold water. Set aside for 30 minutes. Rinse under cold water until water runs clear. Drain well. Meanwhile, combine pinch **saffron threads** and 1 Tbsp **boiling water** in a small heatproof bowl. Set aside. Put rice and



310ml (1 $\frac{1}{4}$ cups) **water** in a medium saucepan. Bring to a simmer over a medium heat. Stir in saffron liquid. Cover and reduce heat to low. Cook for 12 minutes or until all the liquid is absorbed. Set aside for 2 minutes. Use a fork to fluff up rice. Serve.

nutrition info

PER SERVE 533kJ, protein 2g, total fat 0.2g (sat. fat 0.1g), carbs 28g, fibre 0.8g, sodium 2mg. • Carb exchanges 2. • GI estimate medium. • Gluten free.

SIDES

Coriander, mint and cucumber yoghurt

Put 130g ($\frac{1}{2}$ cup) **low-fat Greek-style plain yoghurt**, $\frac{1}{2}$ cup **mint leaves** and $\frac{1}{4}$ cup **coriander leaves** in a small food processor. Process until herbs are finely chopped. Transfer to a small serving bowl.

Stir in 1 **small Lebanese cucumber**, finely chopped, and 1 tsp **freshly squeezed lemon juice**. Serve.

nutrition info

PER SERVE 165kJ, protein 3g, total fat 0.8g (sat. fat 0.5g), carbs 4g, fibre 2g, sodium 45mg. • Carb exchanges $\frac{1}{3}$. • GI estimate low. • Gluten free.

Onion and tomato relish

Combine $\frac{1}{4}$ **red onion**, finely chopped, 125g **cherry tomatoes**, finely chopped, 1 Tbsp **chopped coriander**, 1 tsp **freshly squeezed lemon juice** and pinch **ground cumin** in a small bowl. Serve.

nutrition info

PER SERVE 36kJ, protein 0.4g, total fat 0.1g (sat. fat 0g), carbs 1g, fibre 1g, sodium 5mg. • Carb exchanges N/A. • GI estimate N/A. • Gluten free. ➤



Fish curry

PREPARATION TIME: 10 MINS

COOKING TIME: 40 MINS

SERVES 4 (AS A MAIN)

- 2 tsp olive oil
- 2 brown onions, halved, very thinly sliced
- 2 cloves garlic, finely chopped
- 3cm piece ginger, peeled, finely grated
- 2 tsp ground coriander
- 2 tsp yellow mustard seeds
- 1 tsp ground cumin
- 1 tsp ground turmeric
- ½ tsp fennel seeds
- 165ml can TCC Light Coconut Milk
- ½ Massel Ultracube Salt Reduced Vegetable Stock Cube
- 250ml (1 cup) boiling water
- 10 fresh curry leaves (optional)
- 600g firm white fish fillets, cut into 3cm chunks

400g green beans, trimmed, steamed, to serve
2 sides, to serve
Roti bread or Saffron rice, to serve

1 Heat oil in a large non-stick wok over a medium heat. Add onion. Reduce heat to medium-low and cook, stirring occasionally, for 10-12 minutes or until onion is very soft. Increase heat to medium and cook for a further 4-5 minutes or until onion is light golden. Add garlic, ginger, coriander, mustard seeds, cumin, turmeric and fennel seeds. Cook, stirring, for 1 minute.

2 Add coconut milk, combined stock cube and water and curry leaves, if using. Bring to a simmer over a medium heat. Cook for 5 minutes. Add fish and cook, uncovered, for 10 minutes or until fish is just cooked. If you would like the sauce a bit thicker, use a slotted spoon to transfer fish to a bowl. Cover to keep warm. Return sauce to a medium heat and cook for 6-7 minutes or until sauce reduces slightly. Return fish to pan to heat through.

3 Serve curry with beans, sides and either the Roti bread or Saffron rice.



Tandoori chicken with vegetable skewers

PREPARATION TIME: 20 MINS

PLUS OVERNIGHT MARINATING

COOKING TIME: 20 MINS

SERVES 4 (AS A MAIN)

- 2 zucchini, cut into chunks
- 1 large red capsicum, cut into large pieces
- 1 red onion, cut into wedges
- 1 punnet large cherry tomatoes
- Cooking spray
- 2 sides, to serve
- Roti bread or Saffron rice, to serve

Tandoori chicken

- 130g (½ cup) low-fat Greek-style plain yoghurt
- 3cm piece ginger, peeled, finely grated
- 2 cloves garlic, crushed
- Freshly squeezed juice of ½ lemon
- 1 tsp ground cumin
- Pinch allspice
- Pinch ground chilli
- 1 Tbsp sweet paprika
- ¼ tsp ground turmeric
- 4 x 125g skinless chicken breast fillets, trimmed of fat
- Mint leaves, to serve (optional)

Say salaam to a feast that
FIRES UP all the senses

1 To make tandoori chicken, whisk yoghurt, ginger, garlic, lemon juice, cumin, allspice, chilli, paprika and turmeric together in a large bowl. Use a small sharp knife to make 1cm deep x 3cm long slashes on both sides of chicken. Add chicken to bowl and coat well in marinade. Transfer to a shallow dish. Cover and refrigerate overnight.

2 Divide zucchini, capsicum, onion and tomatoes between small metal or wooden skewers. Spray vegetables with cooking spray.

3 Preheat oven to 180°C (fan-forced). Line a large oven tray with foil. Preheat a flat chargrill or barbecue plate on medium-high. Add skewers and cook for 7-8 minutes, turning occasionally, or until vegetables are tender. Transfer to a plate and cover with foil to keep warm. Add chicken to chargrill and cook for 2 minutes on each side or until chicken changes colour. Transfer to prepared tray. Cover loosely with foil and transfer to oven. Cook for 5-7 minutes or until chicken is just cooked through but still moist.

4 Slice chicken and sprinkle with mint, if using. Serve with veggie skewers, sides and either the Roti bread or Saffron rice.

COOK'S TIPS

► The chicken can be marinated up to 2 days ahead and can also be frozen once marinated. Pack in resealable freezer bags and expel any air. Label, date and freeze for up to 3 months. Thaw before cooking.

► If using wooden skewers, soak in cold water for 30 minutes before using to prevent them burning.



Spinach and tomato dhal

PREPARATION TIME: 10 MINS

PLUS 2 HOURS SOAKING

COOKING TIME: 1 HOUR 5 MINS

SERVES 4 (AS A MAIN)

210g (1 cup) dried brown lentils

1 tsp olive oil

1 small brown onion,
finely chopped

2 cloves garlic, crushed

3cm piece ginger,
finely grated

1 tsp cumin seeds

1 tsp ground cumin

½ tsp ground coriander

½ tsp ground turmeric

Pinch ground chilli

1 Massel Ultracube Salt Reduced
Vegetable Stock Cube

1L (4 cups) boiling water

2 tomatoes, chopped

1 bunch English spinach,
stalks trimmed, finely chopped

Freshly squeezed juice of ¼ lemon

2 sides, to serve

Roti bread or ½ quantity

Saffron rice, to serve

1 Rinse lentils under cold water until water runs clear. Transfer to a large heatproof bowl and cover with boiling water.

Set aside for 2 hours. Drain well. Alternatively, you can soak rinsed lentils in cold water overnight.

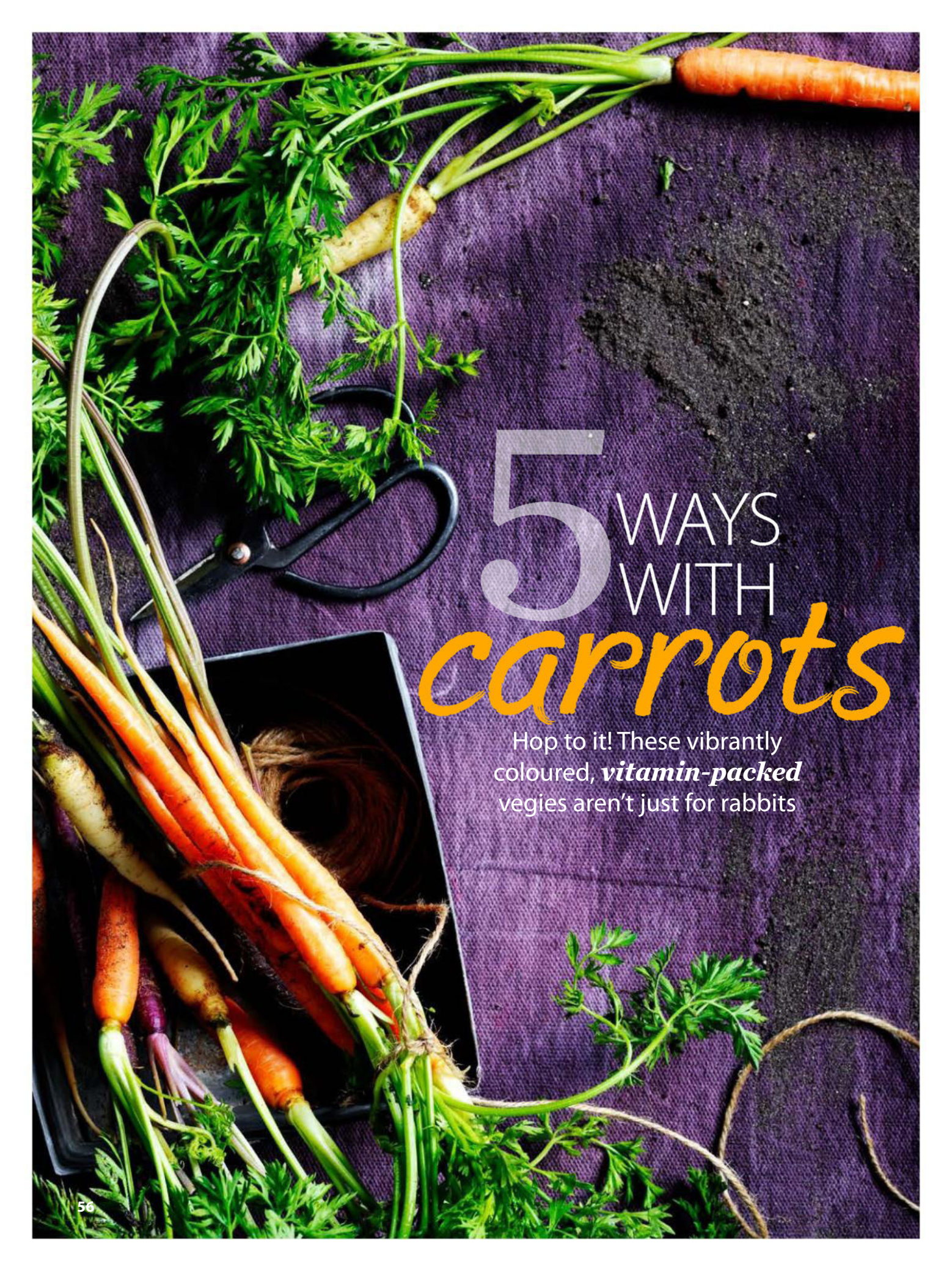
2 Heat oil in a medium saucepan over a medium heat. Add onion. Reduce heat to medium-low and cook, stirring occasionally, for 10-12 minutes or until onion is very soft. Add garlic, ginger, cumin seeds, ground cumin, coriander, turmeric and chilli. Cook, stirring, for 1 minute.

3 Add combined stock cube and water to pan with tomato. Cover and bring to a simmer over a high heat. Reduce heat to medium and cook, partially covered, for 25 minutes, stirring occasionally. Remove lid and continue to cook for a further 15 minutes or until lentils are very tender and the mixture has thickened slightly.

4 Use a potato masher to break down lentils slightly. Add spinach and cook for a further 10 minutes. Stir in lemon juice. Serve with sides and either the Roti bread or Saffron rice.

COOK'S TIP

The dhal can be kept in the fridge in an airtight container for up to 3 days. Alternatively, pack individual portions in resealable freezer bags and expel any air. Label, date and freeze for up to 3 months. Thaw and reheat before serving. ■



5 WAYS WITH *carrots*

Hop to it! These vibrantly
coloured, ***vitamin-packed***
vegies aren't just for rabbits

How
our food
works
for you
see page 92

**nutrition
info**

PER SERVE 1010kJ,
protein 8g, total fat
11.1g (sat. fat 5.8g),
carbs 21g, fibre 12g,
sodium 445mg.

- Carb exchanges 1½.
- GI estimate low.
- Gluten free.

gluten free

Carrot and
ginger soup
Zingy Asian flavours
update a golden oldie.
It's marvellously modern!
see recipe, page 62 >>

nutrition info
PER SERVE 1459kJ,
protein 21g, total fat
14.6g (sat. fat 4.9g),
carbs 28g, fibre 10g,
sodium 666mg.

- Carb exchanges 2.
- GI estimate low.
- Gluten-free option.

**Carrot and
leek slice**

It's an egg-cellent day
for a frittata-like bake.
see recipe, page 62 >>



nutrition info

PER SERVE 1254kJ,
protein 11g, total fat
12.6g (sat. fat 5.1g),
carbs 34g, fibre 4g,
sodium 319mg.

- Carb exchanges 3½.
- GI estimate medium.
- Gluten-free option.

Beef, carrot and currant fingers

With a meaty middle, these
flaky pastries are far more
than simply puff pieces.
see recipe, page 62 >>



Carrot cake with
cream cheese icing
There's no nicer way to
eat your vegies than in
a cake, with icing!
see recipe, page 63 >>

nutrition info

PER SERVE (with icing)
507kJ, **protein** 4g,
total fat 3.6g (sat. fat 1g),
carbs 17g, **fibre** 3g,
sodium 140mg.
• Carb exchanges 1.
• GI estimate medium.

PER SERVE (without
icing) 467kJ, **protein** 3g,
total fat 3.3g (sat. fat
0.8g), **carbs** 17g,
fibre 3g, **sodium** 119mg.
• Carb exchanges 1.
• GI estimate medium.

Good for you

No wonder Bugs Bunny loves munching on them – carrots are low in sugar, kilojoules and fat, while being crammed full of healthy antioxidants! What's up, Doc?

In ancient times, wild carrots were small, tough, bitter and spindly. They were used as herbs and medicines rather than eaten as a vegetable. The Romans used carrots as an aphrodisiac and to prevent poisoning.



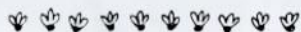
Carrots weren't always the rich orange colour we know today – before the 17th century they were purple, black, red, white and yellow.



Your mum wasn't exaggerating – carrots really are good for your eyesight! They are high in vitamin A precursors called carotenoids, which help our retinas to see in low light.



Carrots get their orange colour mainly from beta-carotene. Eating too many carrots can make skin turn orange – a harmless process known as carotenosis.



Purple carrots are high in anthocyanins, an antioxidant that gives raspberries and strawberries their reddish-purple colour.



In the mood for carrots? Before you tuck in, wash them well. Leave the skin on for maximum dietary fibre.



Carrots are a great low-kilojoule snack as they are 88 per cent water, low in sugar and contain almost no fat, so they keep your blood glucose levels (BGLs) steady.



NUTRITION INFO (per 100g) 133kJ, protein 1g, total fat 0.1g (sat. fat 0g), carbs 5g, fibre 4g, sodium 38mg. Carb exchanges ⅓. GI estimate low.



FOOD *in focus*



Carrot and ginger soup

PREPARATION TIME: 15 MINS

COOKING TIME: 45 MINS

SERVES 4 (AS A LIGHT MEAL)

1 Tbsp extra virgin olive oil
1 brown onion, finely chopped
5cm piece ginger, peeled, finely grated
1 stalk lemongrass, white part only, finely chopped
2 cloves garlic, crushed
1kg carrots, peeled, chopped
1 Massel Ultracube Salt Reduced Vegetable Stock Cube
750ml (3 cups) boiling water
250ml (1 cup) TCC Light Coconut Milk
250ml (1 cup) low-fat Greek-style plain yoghurt
Coriander leaves, to serve
Freshly ground black pepper, to serve

1 Heat oil in a large saucepan over a medium heat. Add onion, ginger, lemongrass and garlic. Cook, stirring often, for 6-7 minutes or until onion softens. Add carrot, combined stock cube and water, and coconut milk.

2 Bring mixture to a simmer over a medium heat. Cook, uncovered, for 25-30 minutes or until carrot is very tender. Set aside for 10 minutes to cool slightly. Transfer mixture to a food processor or blender. Cover and process, in batches if necessary, until smooth.

3 Return mixture to pan and add three-quarters of the yoghurt. Whisk until smooth. Cook, stirring, over a low heat for 4-5 minutes or until heated through. Divide soup between serving bowls and swirl through remaining yoghurt.

Top with coriander leaves, sprinkle with pepper and serve.

COOK'S TIP

You can keep the soup in the fridge for up to 3 days. Alternatively, pack portions into small freezer-proof containers. Label, date and freeze for up to 4 months.



Carrot and leek slice

PREPARATION TIME: 15 MINS

COOKING TIME: 50 MINS

SERVES 4 (AS A LIGHT MEAL)

Cooking spray
2 tsp extra virgin olive oil
1 leek, halved lengthways, thinly sliced
2 cloves garlic, crushed
500g carrots, coarsely grated
¼ cup chopped flat-leaf parsley
Freshly ground black pepper, to season
6 x 50g eggs, lightly whisked
115g (¾ cup) wholemeal self-raising flour or gluten-free self-raising flour
80g reduced-fat feta, crumbled
20g finely grated parmesan
50g snow pea sprouts, trimmed
1 Lebanese cucumber, peeled into ribbons
Balsamic glaze, to serve

1 Preheat oven to 180°C (fan-forced). Spray a 20cm (base measurement) square tin with cooking spray. Line base and sides with baking paper, allowing paper to overhang sides.

2 Heat oil in a large non-stick frying pan over a medium heat. Add leek and garlic and cook, stirring often, for 6-7 minutes or until leek

softens. Transfer to a large bowl. Set aside for 10 minutes to cool.

3 Add carrot, parsley, pepper and egg to leek mixture. Stir well. Stir in flour and cheeses. Spoon mixture into prepared tin and smooth the surface. Bake for 35-40 minutes or until set and the top is golden. Set aside in tin for 10 minutes before transferring to a chopping board. Cut into 4 pieces and arrange on serving plates.

4 Toss sprouts and cucumber in a medium bowl. Divide between serving plates, drizzle with balsamic glaze and serve with slice.



Beef, carrot and currant fingers

PREPARATION TIME: 20 MINS

PLUS 1 HOUR COOLING

COOKING TIME: 1 HOUR 5 MINS

SERVES 6 (2 PER SERVE AS A LIGHT MEAL)

1 tsp olive oil
150g extra-lean beef mince
2 tsp garam masala
2 carrots, peeled, finely grated
150g Carisma potatoes, peeled, finely chopped
1 tsp Massel Salt Reduced Chicken Style Stock Powder
185ml (¾ cup) water
2 Tbsp currants
50g (2 cups) baby spinach leaves, shredded
2 sheets frozen 25% reduced-fat puff pastry or gluten-free puff pastry, thawed
Olive oil cooking spray
70g (½ cup) low-fat Greek-style plain yoghurt
2 Tbsp very finely chopped mint
Freshly squeezed lemon juice

1 Heat oil in a large saucepan over a high heat. Add mince and cook, stirring, for 3-4 minutes or until mince changes colour. Add garam masala. Cook, stirring, for 1 minute.

2 Add carrot, potato, stock powder and water to pan. Cover and bring to a simmer. Reduce heat to medium-low and cook, covered, for 20 minutes. Remove lid and stir in currants. Cook for a further 10 minutes or until potato is very tender and most of the liquid has evaporated. Remove pan from heat and stir in spinach. Transfer mixture to a shallow dish and set aside for 1 hour or until cooled completely.

3 Preheat oven to 190°C (fan-forced). Line 2 oven trays with baking paper. Cut each pastry sheet into 6 rectangular pieces. Spoon filling along centre of 1 piece. Brush edges with a little water. Fold over 1 long end to enclose filling, pinching edges to seal. Repeat with remaining pieces. Arrange on prepared trays and spray with cooking spray. Bake for 25-30 minutes or until pastry is golden.

4 Combine yoghurt, mint and lemon juice in a small bowl. Serve with fingers.



Carrot cake with cream cheese icing

PREPARATION TIME: 20 MINS

COOKING TIME: 45 MINS

SERVES 16 (AS A SNACK)

Cooking spray

80g light margarine, at room temperature

80g (½ cup, lightly packed) brown sugar

1 tsp vanilla extract

3 carrots, finely grated

160g (1 cup) wholemeal self-raising flour

75g (½ cup) self-raising flour

1½ tsp mixed spice

2 x 50g eggs, lightly whisked

Finely grated zest and juice of 1 orange

60ml (¼ cup) low-fat milk

Extra orange zest, to serve

Cream cheese icing

125g extra-light cream cheese

¼ tsp finely grated orange zest
3 tsp freshly squeezed orange juice
2 Tbsp Equal Spoonful

1 Preheat oven to 170°C (fan-forced). Spray a 16cm x 26cm (base measurement) slice tin with cooking spray. Line base and sides with baking paper, allowing paper to overhang sides.

2 Using a wooden spoon, mix margarine, sugar and vanilla in a large bowl. Stir in carrot. Add flours, mixed spice, egg, orange zest and juice, and milk. Mix until well combined.

3 Spoon mixture into prepared tin and use the back of a spoon to smooth the surface. Bake for 40-45 minutes or until a skewer inserted into the centre of the cake comes out clean. Set aside in the tin for 5 minutes before transferring to a wire rack to cool completely.

4 To make cream cheese icing, whisk cream cheese, orange zest and juice, and Equal Spoonful in a small bowl.

5 Spread icing over cake. Sprinkle with extra orange zest, cut into pieces and serve.



gluten free

5-MINUTE *juice boost*

Carrot, orange, apple and mint juice

PREPARATION TIME: 5 MINS

COOKING TIME: NIL

SERVES 2 (AS A SNACK)

2 carrots, scrubbed

1 orange, skin and white pith removed, quartered

1 large apple, quartered

¼ cup mint leaves

Ice cubes, to serve

Extra mint leaves, to serve (optional)

1 Push carrots, orange and apple quarters, and mint leaves through a juicer.

2 Fill 2 small glasses with ice cubes. Stir juice and pour between glasses. Serve with extra mint leaves, if using. ■

nutrition info

PER SERVE 509kJ, protein 2g, total fat 0.4g (sat. fat 0g), carbs 23g, fibre 9g, sodium 53mg. • Carb exchanges 1½. • GI estimate low. • Gluten free.

How
our food
works
for you

see page 92

**nutrition
info**

PER SERVE 1974kJ,
protein 21g, total fat
14.1g (sat. fat 3.6g),
carbs 57g, fibre 13g,
sodium 301mg.
• Carb exchanges 3¾.
• GI estimate low.
• Gluten free.

**Mexican beans
and egg tortilla**
Wrap or mop? Whichever
way you like it, it's a winner.
see recipe, page 68 >>

gluten free

Cooking for one

Treat yourself to a hearty meal every night
with our nutritious, *quick and easy* dinners

• GOOD for YOU

Tasty broccolini is a hybrid of broccoli and the Asian green kai-lan, and was developed in Japan in 1993. Like its parents, it's rich in vitamin C and folate, and is a plant source of iron so it's a great immune booster. Quickly steam, stir-fry or sauté both the stems and florets.

FOOD *single serves*

Fish with
stir-fried vegies
This flash in the pan is
ready in 10. What a catch!
see recipe, page 68 >>

nutrition info

PER SERVE 1674kJ,
protein 45g, total fat
15g (sat. fat 2.3g),
carbs 13g, fibre 7g,
sodium 569mg.
• Carb exchanges 1.
• GI estimate low.
• Gluten-free option.

lower carb

FOOD *single serves*

gluten free

nutrition info

PER SERVE 1807kJ,
protein 34g, total fat
16.1g (sat. fat 3.7g),
carbs 31g, fibre 10g,
sodium 116mg.

- Carb exchanges 2.
- GI estimate low.
- Gluten free.

**Steak with roast
potatoes and pea salad**

Stake your claim on this
awesome dish. There'll be
no beefs with this one!

see recipe, page 68 >>



Cherry tomato,
bocconcini, basil and
prosciutto pizza
The best thing about this
marvellous melt? It's all yours...
see recipe, page 69 >>

nutrition info

PER SERVE 1732kJ,
protein 34g, total fat
13.2g (sat. fat 5.6g),
carbs 35g, fibre 8g,
sodium 778mg.
• Carb exchanges 2½.
• GI estimate medium.

FOOD *single serves*



Mexican beans and egg tortilla

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 1 (AS A MAIN)

¼ tsp olive oil
½ brown onion, finely chopped
1 clove garlic, crushed
1 tsp ground cumin
1 tomato, chopped
60ml (¼ cup) water
½ x 425g can Old El Paso Black Beans
Olive oil cooking spray
50g egg
2 Woolworths Free From Gluten White Corn Tortillas
2 tsp Outback Spirit Outback Tomato Chutney
Coriander leaves, to serve

1 Heat oil in a small saucepan over a medium heat. Add onion, garlic and cumin. Cook, stirring occasionally, for 6-7 minutes or until onion softens. Add tomato and water. Cook, covered, for 5 minutes. Add beans and continue to cook, uncovered, for 5 minutes or until mixture thickens.

2 Meanwhile, spray a small non-stick frying pan with cooking spray and heat over a medium heat. Add egg and cook for 2 minutes or until white is set.

3 Toast or warm tortillas, if you like. Arrange tortillas on a serving plate with bean mixture, egg and

chutney. Sprinkle over coriander leaves and serve.

COOK'S TIP

If you prefer, you can use half a 400g can of no-added-salt kidney beans instead of the black beans.



Fish with stir-fried vegies

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 1 (AS A MAIN)

2 tsp olive oil
200g firm white fish fillet (such as blue-eye cod)
1 bunch broccolini, stalks and stems separated, cut into 4cm lengths
½ red capsicum, cut into short, thin strips
¼ long red chilli, thinly sliced
1 clove garlic, thinly sliced
2cm piece fresh ginger, peeled, finely grated
2 tsp salt-reduced soy sauce or gluten-free soy sauce
2 tsp mirin (sweet rice wine) or gluten-free mirin
½ tsp sesame oil
Zest and freshly squeezed juice of ½ lime

1 Heat half the oil in a small non-stick frying pan over a medium-high heat. Add fish and reduce heat to medium.

Cook for 3-4 minutes on each side, or until cooked through.

2 Meanwhile, heat remaining oil in a wok over a high heat. Add broccolini, capsicum, chilli, garlic and ginger. Stir-fry for 2 minutes or until broccolini is tender-crisp. Add soy sauce, mirin, sesame oil, lime zest and juice. Toss to combine.

3 Transfer fish to a serving plate or shallow bowl. Add vegies and drizzle over any pan juices. Serve.

COOK'S TIP

If you don't like it hot, omit the chilli and replace with 2 spring onions, chopped.



Steak with roast potatoes and pea salad

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 1 (AS A MAIN)

125g piece beef rump steak, trimmed of fat
1 clove garlic, crushed
1 Tbsp red wine vinegar
1 tsp extra virgin olive oil
1 tsp dried oregano
Freshly ground black pepper, to season

200g baby Carisma potatoes,
halved
Extra virgin olive oil cooking spray

Pea salad

40g (¼ cup) frozen peas
100g cherry tomatoes, halved
¼ baby cos, shredded
¼ cup mint leaves

1 Put beef in a shallow dish.

Combine garlic, vinegar, oil, oregano and pepper in a small bowl. Set aside 1 tsp of the mixture. Add remaining mixture to beef and turn to coat well.

2 Preheat oven to 250°C (fan-forced). Line a roasting pan with baking paper. Add potato and spray with cooking spray. Roast for 25-30 minutes or until potato is golden brown and tender.

3 Meanwhile, to make the pea salad, cook peas in a small saucepan of boiling water for 2 minutes. Drain well and rinse under cold water. Transfer to a bowl. Add tomato, cos and mint. Drizzle over reserved dressing and toss to combine.

4 Preheat a chargrill plate on medium-high. Add beef and cook for 2 minutes on each side, or until medium. Set aside for 2 minutes to rest.

5 Transfer beef to a serving plate. Serve with roasted potatoes and pea salad.

COOK'S TIP

You can replace the dried oregano with chopped fresh rosemary or thyme. If you don't have red wine vinegar you can use balsamic vinegar. You can also use a lamb leg steak instead of the beef.



Cherry tomato, bocconcini, basil and prosciutto pizza

PREPARATION TIME: 5 MINS

COOKING TIME: 20 MINS

SERVES 1 (AS A MAIN)

1 Bazaar Wholemeal Pita Pocket

Olive oil cooking spray

70g skinless chicken breast fillet,
trimmed of fat

1 Tbsp no-added-salt tomato puree

1 Tbsp finely shredded basil

1 thin slice prosciutto, torn

100g cherry tomatoes, halved
20g bocconcini, torn
25g (1 cup) baby rocket leaves
1/2 cup small basil leaves
5g shaved parmesan

1 Preheat oven to 200°C (fan-forced). Line a small oven tray with baking paper. Put pita pocket on tray.

2 Spray a small non-stick frying pan with cooking spray and heat over a medium heat. Add chicken and cook for 3 minutes on each side, or until almost cooked through. Transfer to a plate and thinly diagonally slice.

3 Combine tomato puree and basil, and spread mixture over pita pocket. Sprinkle over chicken and prosciutto, then half the tomato. Bake for 5 minutes. Top with bocconcini and cook for a further 5-7 minutes or until base is slightly crisp.

4 Put rocket, basil, parmesan and remaining tomato in a medium bowl and toss well to combine. Serve rocket salad with pizza.

COOK'S TIP

If you prefer, you can replace the rocket with spinach and the basil with parsley. ■

Solo dining need not be dull. Some of the best recipes are *SINGLE* serve

7 days, 7 dinners

We've taken the stress out of your weekly shop. Just follow our healthy recipes and grocery list. ***Too easy!***





nutrition info

PER SERVE 1652kJ,
protein 42g, total fat
9.6g (sat. fat 1.6g),
carbs 30g, fibre 9g,
sodium 211mg.

- Carb exchanges 2.
- GI estimate low.
- Gluten free.

Monday

Seared tuna with
grapefruit and
cucumber salad
Add a sour-sweet kick to this
fish dish – it's pretty in pink.
see recipe, page 78 >>

gluten free



Tuesday

Easy green
chicken curry pies
Lift the lid on a mini melting
pot of Asian flavours.
see recipe, page 78 >>

How
our food
works
for you

see page 92

nutrition info

Left: PER SERVE 1863kJ,
protein 37g, total fat 13.2g
(sat. fat 6.2g), carbs 39g,
fibre 10g, sodium 575mg.
• Carb exchanges 2½.
• GI estimate low.
• Gluten-free option.

Below: PER SERVE 2053kJ,
protein 35g, total fat 15g
(sat. fat 4.5g), carbs 49g,
fibre 10g, sodium 535mg.
• Carb exchanges 3½.
• GI estimate low.
• Gluten-free option.

Wednesday

Creamy salmon,
fennel and corn pasta
Have a light bulb moment with
the veg that adds a licorice hit.
see recipe, page 78 >>

Leftovers

GROCERIES

Chilli powder: Use to make chilli con carne or add a pinch to your next salad dressing for a little extra kick.

Chickpea flour: Make flatbreads or add to vegetable fritters.

Curry paste and coconut milk: Combine them with salt-reduced stock, lean chicken, sliced vegies and dried noodles to make a low-fat laksa. Add coconut milk to baking, pancakes or soups instead of milk or cream.

Tomato puree: Use in pasta sauces or on a pizza base.

Wasabi: Add a dab to dressings or spread a little over a pizza base for a Japanese-inspired meal.

Evaporated milk: Just a dash will enrich a pasta sauce or a sauce for steak.

Maple syrup: Drizzle over your favourite healthy pancakes.

Slivered almonds: Add to salads, stir-fries or baking.



Thursday

Roast chicken
with maple and
rosemary vegies
Mini drumsticks make roast
chook in half the time.
see recipe, page 79 >>

nutrition info

PER SERVE 1862kJ,
protein 34g, total fat
13.6g (sat. fat 3.2g),
carbs 35g, fibre 12g,
sodium 497mg.
• Carb exchanges 2⅓.
• GI estimate low.



gluten free

Friday

Pork with lentils,
brussels sprouts and sage
Legumes and leaves make a hearty, rustic braise.
see recipe, page 79 >>

Leftovers

CHILLED

Sour cream: Stir through your favourite pumpkin soup just before serving or use in cakes.

Frozen vegetables: Add to curries, casseroles or pasta sauces.

Pastry: Top a low-fat meat pie.

FRUIT AND VEGETABLES

Spring onions: Thinly slice and add to sauces just before serving or toss through a salad for extra bite.

Lettuce: Use the leaves as cups for a salad or Asian dish.

Avocado: Mash, spread on sourdough and top with sliced tomato and a sprinkle of pepper.

Rosemary, mint and sage: Add rosemary to casseroles or finely chop, toss with potatoes, lemon zest, garlic and extra virgin olive oil and roast. Sprinkle mint over salads or stir-fries. Add sage to roasting meats or pasta.

nutrition info



Left: **PER SERVE** 1806kJ,
protein 43g, total fat 10.5g
(sat. fat 2.6g), carbs 30g,
fibre 20g, sodium 376mg.
• Carb exchanges 2.
• GI estimate low.
• Gluten free.

Below: **PER SERVE** 2037kJ,
protein 20g, total fat 16g
(sat. fat 3g), carbs 56g,
fibre 16g, sodium 534mg.
• Carb exchanges 3½.
• GI estimate low.
• Gluten-free option.

Saturday

Chickpea and
avocado burgers
So much flavour is piled into these
patties – you won't miss your meat.
see recipe, page 80 >>



Sunday

Mexican beef stuffed sweet potatoes
A low-GI alternative to a taco or burrito – and it's fabulously filling too.
see recipe, page 80 >>

gluten free

nutrition info
PER SERVE 1809kJ,
protein 34g, total fat
12.7g (sat. fat 5g),
carbs 39g, fibre 11g,
sodium 391mg.
• Carb exchanges 2½.
• GI estimate low.
• Gluten free.

Pack it with protein!

Eating a range of foods rich in this essential nutrient will nourish your body and help keep those hunger pangs at bay

When you are diagnosed with diabetes, one of the first things you hear about are carbohydrates. While balancing carbs with the rest of your diet is a vital part of diabetes management, we can sometimes focus on them to the extent that we ignore other nutrients.

Protein is important for repair, growth and maintaining muscle mass. It helps to reduce your risk of sarcopenia, the loss of muscle mass due to ageing. Studies show that, along with a regular exercise routine, having three meals a day with at least 20g of protein in each can slow or stop this wasting disease.

Protein also helps with satiety. It is digested more slowly than other

foods, so it tricks your brain into thinking your stomach is full. It also helps you feel fuller for longer – a bonus if you're trying to lose weight.

In addition, protein slows down the digestion of carbohydrates so they are released more gradually into your bloodstream, which will help you achieve more stable blood glucose levels (BGLs).

So what are the best sources of this fab body builder? Animal foods contain complete protein, meaning they have all the essential amino acids. Plant proteins usually lack one or more essential amino acids. However, this is not a problem if you eat a range of foods, as our bodies are able to find the missing pieces.

TRY THIS...

Maximise the protein in your day with these speedy meal ideas

BREKKIE

2 eggs +
2 slices soy and
linseed toast
OR 50g Goodness
Superfoods Heart
cereal + ½ cup
low-fat milk + ½ cup
low-fat Greek-style
plain yoghurt.

LUNCH

150g high-
protein tofu +
50g cooked soba
noodles + 1 cup
steamed green
vegetables.

DINNER

120g grilled
lean steak, fish
or chicken breast
+ 1 small potato
+ 2 cups green
salad.

Your shopping list



SCAN

AND SAVE

Use the free viewa app to scan this page and save this list to your phone. Handy!

GROCERIES

- ☐ 30g jar MasterFoods Mexican Chilli Powder
- ☐ 330g pkt McKenzie's All Natural Chick Pea Flour
- ☐ 410g can Leggo's Tomato Puree
- ☐ 420g can no-added-salt chickpeas
- ☐ 420g can no-added-salt brown lentils
- ☐ 200g can Safcol Premium Skinless & Boneless Salmon in Springwater
- ☐ 210g jar Five Tastes Thai Green Curry Paste
- ☐ 165ml can TCC Light Coconut Milk
- ☐ 43g tube wasabi
- ☐ 185ml can Nestlé Carnation Light & Creamy Evaporated Milk
- ☐ 355ml bottle Queen Maple Flavoured Syrup (sugar free)
- ☐ 120g container Gravox Reduced Salt Traditional Gravy
- ☐ 110g pkt slivered almonds

FRUIT AND VEGETABLES

- ☐ 650g orange sweet potatoes
- ☐ 300g Carisma potatoes
- ☐ 250g baby Carisma potatoes
- ☐ 300g brussels sprouts
- ☐ 2 bulbs fennel
- ☐ 200g eggplant
- ☐ 150g broccoli
- ☐ 50g mixed salad leaves
- ☐ 1 small zucchini
- ☐ 3 carrots
- ☐ 2 parsnips
- ☐ 1 corn cob
- ☐ 1 bunch silverbeet
- ☐ ½ bunch spring onion
- ☐ 2 tomatoes
- ☐ 1 Lebanese cucumber
- ☐ 1 iceberg lettuce
- ☐ 1 lime
- ☐ 2 lemons
- ☐ 1 avocado
- ☐ 2 pink grapefruit
- ☐ 1 bunch basil
- ☐ 1 bunch mint

- ☐ 1 bunch rosemary

- ☐ 1 bunch sage

MEAT AND POULTRY

- ☐ 200g extra-lean beef mince
- ☐ 250g skinless chicken breast fillets
- ☐ 4 small chicken lovely legs
- ☐ 200g piece pork fillet

CHILLED

- ☐ 250g tub extra-light sour cream
- ☐ 375g pkt fresh fettuccini

FREEZER

- ☐ 500g pkt frozen chopped mixed vegetables
- ☐ 1kg pkt Pampas 25% Reduced Fat Puff Pastry

SEAFOOD

- ☐ 2 x 150g tuna steaks

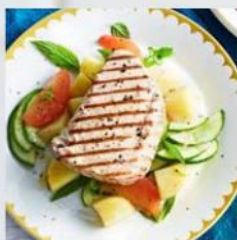
BAKERY

- ☐ 2 x 70g wholemeal grain rolls

HAVE AT HOME

- ☐ Cooking spray
- ☐ Olive oil cooking spray
- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Sesame oil
- ☐ Freshly ground black pepper
- ☐ No-added-salt lemon pepper seasoning
- ☐ Cornflour
- ☐ Brown sugar
- ☐ Fish sauce
- ☐ 3 cloves garlic
- ☐ 50g egg
- ☐ Grated reduced-fat cheese
- ☐ Massel Salt Reduced Chicken Style Stock Powder
- ☐ Wholegrain mustard
- ☐ Parmesan

FOOD *mains*



Seared tuna with grapefruit and cucumber salad

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

300g small Carisma potatoes, unpeeled, quartered
80ml (⅓ cup) water
Olive oil cooking spray
2 x 150g tuna steaks
1 pink grapefruit, peeled, white pith removed, segmented
1 Lebanese cucumber, halved lengthways, cut into thin slices
1 cup mint leaves
1 cup basil leaves
Freshly ground black pepper, to serve

Dressing

2 Tbsp freshly squeezed pink grapefruit juice
1 tsp olive oil
1 tsp sesame oil
1 tsp wasabi

1 Put potato and water in a small microwave dish. Cover and cook on high/100% for 3½-4 minutes or until tender. Drain well. Set aside to cool slightly.

2 Preheat a chargrill pan on high. Spray both sides of tuna with cooking spray. Add tuna to chargrill and cook for 1½ minutes on each side for rare or until cooked to your liking. Transfer to a plate and set aside.

3 To make dressing, whisk all ingredients together in a small bowl.

4 Put potato, grapefruit, cucumber, mint and basil in

a medium bowl. Add dressing and toss to combine. Divide between serving plates. Top with tuna, sprinkle with pepper and serve.

COOK'S TIP

If you like, you can replace the fresh tuna with a 185g can of tuna in springwater, drained and flaked into large chunks. Just toss it through the salad before serving.



Easy green chicken curry pies

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

½ tsp olive oil
2 tsp Five Tastes Thai Green Curry Paste
250g orange sweet potato, peeled, cut into chunks
200g eggplant, chopped
3 tsp cornflour or gluten-free cornflour
100ml TCC Light Coconut Milk
125ml (½ cup) water
1 sheet Pampas 25% Reduced Fat Puff Pastry or gluten-free puff pastry, thawed
Cooking spray
250g skinless chicken breast fillet, trimmed of fat, chopped
150g broccoli, cut into small florets
2 tsp brown sugar
1 tsp fish sauce or gluten-free fish sauce
Juice of ½ lime
½ cup small basil leaves

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper.

2 Heat oil in a non-stick wok over a medium-high heat. Add curry paste, sweet potato and eggplant. Cook, tossing often, for 2 minutes. Add combined cornflour, coconut milk and water. Bring to a simmer over a medium heat. Reduce heat to medium-low and cook, covered, for 15 minutes or until sweet potato is almost tender.

3 Meanwhile, cut 2 x 11cm rounds out of the pastry sheet, discarding remaining pastry. Using a small, sharp knife, make a criss-cross pattern on pastry. Put pastry on prepared tray. Spray with cooking spray. Bake for 10-12 minutes or until golden brown. Set aside.

4 Add chicken and broccoli to curry mixture and stir well. Cook, uncovered, stirring occasionally, for a further 5-6 minutes or until chicken is cooked through. Remove pan from heat. Stir in sugar, fish sauce, lime juice and basil.

5 Divide curry between serving bowls. Top with pastry and serve.

COOK'S TIP

For a veggie twist, you can replace the broccoli with beans and the eggplant with zucchini. Just add it when you add the chicken.



Creamy salmon, fennel and corn pasta

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

1 tsp cornflour or gluten-free cornflour
125ml (½ cup) Nestlé Carnation Light & Creamy Evaporated Milk

1 tsp Massel Salt Reduced Chicken Style Stock Powder
125ml (½ cup) boiling water
2 tsp wholegrain mustard or gluten-free mustard
½ tsp extra virgin olive oil
1 bulb fennel, trimmed, very thinly sliced
1 corncob, husk and silk removed, kernels cut off
100g fresh fettuccini or gluten-free fettuccini
200g can Safcol Premium Skinless & Boneless Salmon in Springwater, flaked
Finely grated zest of ½ lemon
10g finely grated parmesan
½ cup small basil leaves
Freshly ground black pepper, to serve
50g (2 cups) mixed salad leaves, to serve

1 Put cornflour in a medium bowl. Gradually whisk in milk. Stir in stock powder, water and mustard. Set aside.
2 Heat oil in a medium non-stick frying pan over a medium heat. Add fennel and corn. Cook, stirring often, for 6-7 minutes or until fennel is very tender.
3 Meanwhile, bring a medium saucepan of water to the boil. Add pasta and cook, following pack instructions or until al dente. Drain well and return to pan.
4 Add milk mixture to fennel mixture and bring to a simmer over a medium heat. Cook, stirring, for 2 minutes or until mixture thickens. Add to pasta along with salmon, lemon zest and parmesan. Toss until well combined.
5 Divide mixture between serving bowls. Sprinkle with basil and pepper. Serve with salad leaves.

COOK'S TIP

If you prefer, you can use leek instead of fennel and canned tuna in springwater in place of salmon.



Roast chicken with maple and rosemary vegies

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

60ml (¼ cup) Queen Maple Flavoured Syrup (sugar free)
Finely grated zest and juice of 1 lemon
1 Tbsp finely chopped rosemary leaves
2 tsp extra virgin olive oil
4 small chicken lovely legs (see Cook's Tip)
2 parsnips, cut into 4cm pieces
2 carrots, cut into 4cm pieces
1 bulb fennel, trimmed, quartered
250g baby Carisma potatoes, halved
Cooking spray
1½ Tbsp Gravox Reduced Salt Traditional Gravy
125ml (½ cup) water
Extra rosemary, to serve
Freshly ground black pepper, to serve

1 Preheat oven to 200°C (fan-forced). Line 2 small roasting pans with baking paper. Combine syrup, lemon zest and juice, rosemary and oil in a small bowl. Transfer half the marinade to a small dish and add chicken. Turn to coat. Set aside.
2 Combine parsnip, carrot, fennel and potato in a medium bowl. Add remaining marinade and toss to combine. Arrange vegetables in a single layer in 1 of the prepared pans. Roast for 10 minutes.
3 Drain chicken, reserving marinade. Arrange chicken in second pan. Roast for 15 minutes.

Brush chicken with reserved marinade. Spray vegetables and chicken with cooking spray. Increase heat to 220°C (fan-forced). Roast for 10 minutes or until chicken is cooked and vegetables are light golden brown and tender.

4 Meanwhile, combine gravy powder and water in a small saucepan over a medium heat. Cook, stirring, for 3-4 minutes or until gravy thickens.

5 Divide vegetables and chicken between serving plates. Pour over gravy, sprinkle with extra rosemary and pepper, and serve.

COOK'S TIP

If you can't find lovely legs (drumsticks with the skin and part of the bone removed) simply replace with 4 small chicken drumsticks and remove the skin.



Pork with lentils, brussels sprouts and sage

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

300g brussels sprouts, outer leaves removed, quartered
2 cloves garlic, thinly sliced
½ tsp Massel Salt Reduced Chicken Style Stock Powder
65ml (¼ cup) boiling water
90g (3 cups) shredded silverbeet
½ cup shredded sage leaves
420g can no-added-salt brown lentils, rinsed and drained
1 Tbsp slivered almonds
Olive oil cooking spray
200g pork fillet, trimmed of fat ➤

FOOD *mains*

Freshly ground black pepper, to serve
Extra sage leaves, to serve (optional)

1 Preheat oven to 210°C (fan-forced). Line a small roasting pan with baking paper. Put brussels sprout, garlic and combined stock powder and water in prepared pan. Cover with foil and bake for 15 minutes or until almost tender.

2 Remove foil and add silverbeet and sage. Toss to combine. Roast for 5 minutes. Add lentils and almonds and toss to combine. Roast for a further 5 minutes.

3 Meanwhile, spray a small non-stick frying pan with cooking spray and heat over a medium heat. Add pork and cook, turning occasionally, for 7-10 minutes or until pork is just tender. Transfer to a plate, cover with foil and rest for 2-3 minutes. Diagonally slice.

4 Divide lentil mixture between shallow serving bowls. Top with pork. Sprinkle with pepper and extra sage leaves, if using. Serve.

COOK'S TIP

If you're not a fan of pork, you can use skinless chicken breast fillet instead.



Chickpea and avocado burgers

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

½ x 420g can no-added-salt chickpeas, rinsed and drained
1 small zucchini, coarsely grated, excess moisture squeezed out

1 carrot, coarsely grated
1 clove garlic, crushed
50g (¼ cup) McKenzie's All Natural Chick Pea Flour
1 egg yolk (from 50g egg), lightly whisked
1 tsp no-added-salt lemon pepper seasoning
½ avocado
2 tsp freshly squeezed lemon juice
Freshly ground black pepper, to season
1½ tsp extra virgin olive oil
2 x 70g wholemeal grain rolls or gluten-free rolls, halved
1 tomato, sliced
2 iceberg lettuce leaves, shredded

1 Put chickpeas, zucchini, carrot and garlic in a small food processor. Cover and process until well combined. Transfer to a medium bowl. Add flour, egg yolk and lemon pepper seasoning. Mix until well combined. Divide mixture in half and shape into patties.

2 Mash avocado in a small bowl. Stir in lemon juice and season with pepper. Set aside.

3 Heat oil in a medium non-stick frying pan over a medium heat. Add patties. Cook for 2-3 minutes on each side or until patties are golden and firm.

4 Spread roll bases with avocado mixture. Top with patties, tomato and lettuce. Add roll tops. Serve.



Mexican beef stuffed sweet potatoes

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

Olive oil cooking spray
2 large (200g each) orange sweet potatoes, scrubbed, patted dry with paper towel
½ tsp olive oil
200g extra-lean beef mince
1 tsp MasterFoods Mexican Chilli Powder
140g (1 cup) chopped frozen mixed vegetables (such as peas, carrots and corn)
125ml (½ cup) Leggo's Tomato Puree
2 Tbsp grated reduced-fat cheese
2 Tbsp extra-light sour cream
1 tomato, chopped
1 spring onion, thinly diagonally sliced
2 small lime wedges, to serve

1 Preheat oven to 200°C (fan-forced). Spray sweet potatoes with cooking spray and prick lightly all over with a skewer. Wrap in foil and put on an oven tray. Roast for 30-35 minutes or until tender when tested with a skewer.

2 Meanwhile, heat oil in a medium non-stick saucepan over a high heat. Add mince and chilli powder. Cook, stirring, for 2-3 minutes or until mince is browned. Add vegetables and tomato puree. Bring to a simmer. Cover. Reduce heat to medium and cook for 5 minutes or until vegetables are tender.

3 Unwrap sweet potatoes and transfer to serving plates. Cut in half lengthways, being careful not to cut all the way through. Fill with mince mixture. Sprinkle with cheese and top with sour cream, tomato and spring onion. Serve with lime wedges.

COOK'S TIP

You can vary this dish by mixing up the meat – it works equally well when you use lean pork or chicken mince. ■



Every olive matters.



Time for a change of heart?

A Mediterranean style diet is great for heart health and the humble olive, filled with the healthy mono-unsaturated fats, is central to this diet.

At Cobram Estate we crush our fruit within hours of picking. The result is a fresher, healthier extra virgin olive oil, packed with heart-healthy goodness, and perfect for frying, baking, barbecuing, or simply drizzling on its own, every day.

Transform yourself from the inside out, with delicious ideas from cobramestate.com.au



IN SEASON Oh mandy!

Sweeten the deal with **tangy fruit** that has mass ap-peel

AT THEIR BEST

Mandarins originated in the tropical and subtropical regions of Asia, including southern China, the Philippines and Malaysia. They were introduced to the West at the turn of the 19th century, probably by the Chinese. The name 'mandarin' is thought to come from the English word for Chinese government officials.

Smaller than oranges, they have a bright skin that peels away easily from the flesh. Some varieties are seeded while others are seedless.

Mandarins are available from April to October. The main Australian varieties are imperial, Ellendale and Murcott. Imperial is the most popular, as the fruit is easy to peel and has few, if any, seeds and a lovely sweet flavour.

SELECT

Choose mandarins that have glossy skins and are heavy for their size.

STORE

Keep in the crisper section of the fridge for up to a week.

NUTRITION

Mandarins are loaded with vitamin C for immunity – a single fruit provides you with 90 per cent

of your daily vitamin C intake. They also contain vitamin A, which boosts bone and eye health, as well as antioxidants. Thanks to their higher water and low starch content, mandarins contain only about 6g or one-third of a carb exchange per 75g fruit – great news for your blood glucose levels (BGLs)!

PER 100g 165kJ, **protein** 0.8g, **total fat** 0.2g (sat. fat 0g), **carbs** 7.8g, **fibre** 1.2g, **sodium** 3mg. • **Carb exchanges** ½. • **GI estimate** low.

QUICK IDEAS

- ▶ Toss segments into salads.
- ▶ Juice and use in sauces and salad dressings, or simply drink.
- ▶ Pack for kids to take to school (much easier to eat than oranges).
- ▶ Use the zest in cakes and slices. ▶



IN season

How
our food
works
for you

see page 92

**nutrition
info**

PER SERVE 521kJ,
protein 5g, total fat
3.1g (sat. fat 1.1g),
carbs 19g, fibre 1g,
sodium 57mg.

- Carb exchanges 1½.
- GI estimate medium.
- Gluten free.

gluten free

**Mandarin and
vanilla crème brûlée**
Sweet, rich and crunchy...
our citric star makes this
classic custard zing.
see recipe, page 85 >>

IN season



Mandarin and lime spread

Give brekkie a zesty kick – what a way to start the day!
see recipe, opposite

nutrition info

Left: **PER SERVE** (2 Tbsp) 211kJ, **protein** 1g, **total fat** 0.1g (sat. fat 0g), **carbs** 12g, **fibre** 1g, **sodium** 2mg.
• Carb exchanges $\frac{3}{4}$.
• GI estimate low.
• Gluten free.

PER SERVE (brekkie suggestion) 1022kJ, **protein** 13g, **total fat** 4.1g (sat. fat 1g), **carbs** 38g, **fibre** 4g, **sodium** 233mg.
• Carb exchanges $2\frac{1}{2}$.
• GI estimate low.

Mandarin and banana fruit salad with warm ginger syrup
Spice up a fruity finish.
see recipe, opposite

nutrition info

Right: **PER SERVE** 575kJ, **protein** 3g, **total fat** 1g (sat. fat 0.3g), **carbs** 27g, **fibre** 3g, **sodium** 28mg.
• Carb exchanges $1\frac{3}{4}$.
• GI estimate low.
• Gluten free.



gluten free

Mandarin and lime spread

PREPARATION TIME: 10 MINS
PLUS OVERNIGHT CHILLING
COOKING TIME: 40 MINS
MAKES 750ML (3 CUPS)

1kg mandarins, peeled, deseeded, chopped
250ml (1 cup) water
175g (¾ cup) CSR LoGiCane Low GI Cane Sugar
Juice and zest of 1 large lime
2 Tbsp hot water
2 tsp powdered gelatine

1 Put mandarin, water, sugar and lime juice in a medium saucepan over a low heat. Cook, stirring, until sugar dissolves. Increase heat to high and bring to a simmer. Reduce heat to medium and cook, covered, stirring occasionally, for 10 minutes. Using a potato masher, break down mandarin. Remove lid and continue to cook, stirring occasionally, for 25-30 minutes or until mixture thickens.

2 Put hot water in a small bowl. Sprinkle over gelatine. Set aside for 5 minutes.

3 Add gelatine mixture and lime zest to mandarin mixture. Stir until gelatine dissolves completely. Pour hot fruit spread between 2 x 375ml (1½ cups) clean, dry preserving jars. Seal immediately. Set aside to cool completely. Refrigerate overnight before serving.

COOK'S TIP

Keep in the fridge for up to 1 month. Make sure you use a clean spoon each time you dip into it to help it keep for longer.

BREKKIE SUGGESTION

Spread a 40g slice of multigrain sourdough toast with 1 tsp light margarine and 2 Tbsp Mandarin and lime spread. Serve with a small skim latte.

Mandarin and banana fruit salad with warm ginger syrup

PREPARATION TIME: 5 MINS
COOKING TIME: 5 MINS
SERVES 2 (AS A DESSERT)

2 mandarins, peeled, broken into segments
1 large banana, thinly sliced into rounds
8 canned lychees, drained, halved or quartered
Small handful mint leaves
2 Tbsp low-fat Greek-style plain yoghurt, to serve

Warm ginger syrup

80ml (⅓ cup) water
2 Tbsp Equal Spoonful
2cm piece ginger, peeled, finely grated

1 To make warm ginger syrup, put water, Equal Spoonful and ginger in a small saucepan over a low heat. Stir until well combined. Increase heat to high and bring to a simmer. Cook for 2 minutes or until mixture reduces slightly.

2 Combine mandarin, banana and lychee in a medium bowl. Pour over warm ginger syrup and toss to combine. Set aside for 5 minutes. Stir in mint leaves.

3 Divide fruit salad between shallow serving bowls. Top with yoghurt and serve.

COOK'S TIP

If you prefer, you can replace the lychees with strawberries or blueberries.



Mandarin and vanilla crème brûlée

PREPARATION TIME: 10 MINS PLUS 5 HOURS COOLING AND CHILLING
COOKING TIME: 35 MINS
SERVES 4 (AS A DESSERT)

250ml (1 cup) low-fat milk
Finely grated zest of 1 mandarin
60ml (¼ cup) freshly squeezed mandarin juice
½ vanilla bean, split lengthways
2 x 50g eggs, lightly whisked
60g (¼ cup) caster sugar
Cooking spray

1 Put milk, mandarin zest and juice in a small saucepan. Scrape vanilla bean seeds into pan. Cook over a medium heat for 5 minutes or until small bubbles appear, but do not allow milk to boil. Set aside for 2 minutes to cool slightly.

2 Whisk egg and 1 Tbsp of the sugar together. Gradually whisk milk mixture into egg. Pour into a measuring jug.

3 Preheat oven to 140°C (fan-forced). Spray 4 x 125ml (½ cup) ovenproof ramekins with cooking spray. Put ramekins in a medium roasting pan. Divide mixture evenly between ramekins.

Pour hot water into pan until it comes halfway up the sides of ramekins. Transfer to oven. Bake for 30 minutes or until custard is just set. Transfer to a wire rack and set aside for 1 hour to cool completely.

4 Refrigerate for 4 hours or until completely cold. Sprinkle 2 tsp of remaining sugar over each custard. Melt sugar with a kitchen blowtorch until golden brown. Set aside until sugar hardens. Serve. ■

Plan your week,

Wondering what to eat this week?

Try these delicious meal and snack ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. It's recommended that you have 6-10 glasses			
Breakfast	1 slice multigrain sourdough toast spread with 1 tsp margarine. Serve with 2 boiled eggs.	Fruit and walnut oats (page 89). 	130g (½ cup) low-fat Greek-style plain yoghurt topped with 1 small chopped banana and 20g almonds.	Yoghurt cinnamon berries (page 89). 
Optional snack	Carrot, orange, apple and mint juice (page 63).	Carrot cake with cream cheese icing (page 63).	5 multigrain rice crackers with 30g reduced-fat cheddar cheese.	Carrot cake with cream cheese icing (page 63).
Lunch	Check out our three warming winter soups (from page 28). Cook up a storm and freeze extra portions in individual containers to keep for the week. →			
Optional snack	Beat the afternoon slump with healthy, energy-sustaining snack ideas (page 14).			
Dinner	Roast chicken with maple and rosemary vegies (page 79). <i>Pictured above.</i>	Creamy salmon, fennel and corn pasta (page 78). <i>Pictured above.</i>	Mexican beef stuffed sweet potato (page 80). <i>Pictured above.</i>	Pork with lentils, brussels sprouts and sage (page 79).
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	250ml (1 cup) warm low-fat milk with 1 tsp drinking chocolate.	Mandarin and banana fruit salad with warm ginger syrup (page 85).	1 piece fresh fruit. 	Apple pudding (page 46). <i>Pictured above.</i>
Exercise	Aim for 20-60 minutes of moderate exercise each day. 			

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
a day, depending on the weather and how active you are.		
1 slice multigrain sourdough toast spread with 2 Tbsp Mandarin and lime spread (page 85) and 1 small skim latte.	45g Kellogg's All-Bran High Fibre Muesli Apricot & Almond with 160ml (⅔ cup) low-fat milk and 1 small piece fresh fruit.	Ham, spinach and mushroom toastie (page 89).
		
1 piece seasonal fresh fruit.	1 Nice & Natural Mixed Berry Roasted Nut Bar.	200g tub low-fat plain or low-sugar flavoured yoghurt.
		
		
Seared tuna with grapefruit and cucumber salad (page 78). <i>Pictured above.</i>	Chickpea and avocado burger (page 80). <i>Pictured above.</i>	Easy green chicken curry pie (page 78). <i>Pictured above.</i>
have a couple of alcohol-free days a week.		
Golden syrup dumplings (page 47).	Mandarin and banana fruit salad with warm ginger syrup (page 85).	Mandarin and vanilla crème brûlée (page 85).
Always discuss your exercise plans with your doctor first.		

BIG ON SWEETNESS SMALL ON CALORIES



SEE YOU LATER SUGAR

EQUAL. AUSTRALIA'S NUMBER ONE SWEETENER.

GET SWEET SMART. FOR MORE INFORMATION ON OUR PRODUCTS AND RECIPES VISIT OUR WEBSITE AT WWW.EQUALCHOICE.COM.AU.



All the tips, tricks and *inside knowledge* for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

KITCHEN TIP

LEFTOVERS LOGIC

Your freezer is your best friend when it comes to healthy meals in a flash. Freeze leftovers or make extra portions to store for those nights when cooking is too hard. Here's how...

- Avoid freezing large amounts at a time. Freeze in individual portions in separate containers, so it is easy to thaw the quantity you need.
- When freezing liquid-based dishes, such as soup, leave a 3cm gap at the top of the container so the liquid can expand as it freezes.
- Remember to label and date your food so you know exactly when it was frozen.

● It is best to thaw your dishes overnight in the fridge or use the defrost setting on your microwave. Never leave food to defrost on the benchtop.

How long can I keep it?

- *Vegetarian casserole-style dishes:* Up to six months.
- *Soups:* Up to four months.
- *Beef, lamb and pork casserole-style dishes:* Up to three months.



To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 152. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au



60-SECOND

winter DESSERT

Put $\frac{1}{2}$ cup canned unsweetened pie apple, $\frac{1}{4}$ cup frozen raspberries and 1 Tbsp no-added-sugar orange juice in a small microwave bowl. Cook on high/100% for 50 seconds. Top with 60ml ($\frac{1}{4}$ cup) low-fat custard and a sprinkle of ground cinnamon or nutmeg. Serve.

PER SERVE 638kJ, protein 3g, total fat 1g (sat. fat 0.4g), carbs 29g, fibre 6g, sodium 58mg. • Carb exchanges 2.
• GI estimate low.

THE WHITE STUFF

Protein helps maintain muscle and promotes feelings of fullness, and now you can get an extra hit of it in your morning milk. The Complete Dairy is Australia's first high-protein, lower-lactose milk, with 70 per cent more protein and 25 per cent less lactose than regular milk. Available in Full Cream and Light from Coles and Woolworths in NSW, Victoria and SA for \$2.99 a litre. thecompletedairy.com.au



SUPERMARKET CRUSH

Grain wave

Making wholesome meals is easier with Breville's Multi Grain, \$89.95. It cooks rice and quinoa until fluffy as well as creamy porridge and tender lentils. There is also a setting for no-stir risotto and a sauté/sear function that lets you add extra colour and flavour. If you're all for easy one-pot cooking, the Multi Grain comes with a steaming rack so you can steam your vegetables or fish at the same time. breville.com.au



PHOTOGRAPHY (STOCKPHOTO, GETTY IMAGES)



SCAN AND SAVE

Use the free **viewa** app to scan this page for quick and healthy brekkie ideas. Easy!



QUICK AND EASY

Brekkie ideas

Start your day the tasty way with a delish morning treat

Fruit and walnut oats

Cook 30g (½ cup) **rolled oats**, 200ml **low-fat milk** and 60ml (¼ cup) **water** in a small saucepan over a medium heat for 4-5 minutes. Serve with 10g chopped **pitted prunes**, 10g **walnuts** and 1 small **orange**, peeled, cut into segments.

PER SERVE 1471kJ, protein 14g, total fat 12.4g (sat. fat 2.6g), carbs 42g, fibre 9g, sodium 88mg. • Carb exchanges 2¾. • GI estimate low.



Ham, spinach and mushroom toastie

Layer 30g **salt-reduced ham**, ½ cup **roasted red capsicum strips**, 15g (½ cup) **baby spinach**, 2 **button mushrooms**, sliced and 1 slice **reduced-fat Swiss cheese** between 2 slices **wholemeal grain bread**. Toast in a sandwich press. Serve.

PER SERVE 1383kJ, protein 19g, total fat 13.8g (sat. fat 5.1g), carbs 28g, fibre 7g, sodium 608mg. • Carb exchanges 2. • GI estimate low.



Yoghurt cinnamon berries

Cook 130g (1 cup) **frozen mixed berries**, 2 Tbsp freshly squeezed **orange juice** and pinch **ground cinnamon** in a microwave dish on medium-high/70% for 2 minutes. Top with 90g (½ cup) **low-fat Greek-style plain yoghurt** and 35g (½ cup) **Crunchola**. Serve.

PER SERVE 1173kJ, protein 11g, total fat 5g (sat. fat 1.7g), carbs 42g, fibre 10g, sodium 93mg. • Carb exchanges 2¾. • GI estimate low.





Soup's *up*

Filling? Tick. Easy? Tick. Tasty? Tick! Soup is a fab winter warmer – here **DL** dietitian ***Dr Kate Marsh*** ladles out the healthiest ready-mades



Pitango Chunky Vegetable & Quinoa Soup

Pitango claims its soups are made from ingredients you'd find in your kitchen. That's certainly true with this one, which is packed with vegies. It's low in fat and free of the additives in many packaged soups. *Contains 140mg sodium per 100g.*



La Zuppa Spiced Red Lentil Soup

A microwaveable bowl makes this a perfect lunch option for work. High in fibre (7.4g per 420g serve), this soup is packed with vegetables, herbs and spices. There is nothing here you won't recognise as food! *Contains 237mg sodium per 100g.*



Heinz Soup of the Day Sweet Potato Veg and Chickpea

This pouch-packaged product is mostly vegetables and is not too high in salt. It gets a tick for fibre (7.3g per 400g serve) and would make a satisfying meal on its own. *Contains 275mg sodium per 100g.*



La Zuppa Tuscan Chicken & Vegetable Soup

A tasty twist on your usual chicken and vegie soup, this contains only chicken stock, vegetables, legumes, brown rice, chicken and tomato paste. It's also free of additives and preservatives. *Contains 257mg sodium per 100g.*



Darikay Thai Pumpkin Soup

A delish alternative to traditional pumpkin soups, the organic coconut milk, along with fresh lime juice, herbs and spices, give this soup a lovely Thai flavour. It's also very low in sodium. *Contains 120mg sodium per 100g.*



La Zuppa South American Style Chicken & Corn

If you like the convenience of a cup-a-soup but not the additives and salt, you'll enjoy this blend of stock, vegies, brown rice, chicken and spices. It has about half the sodium of many other cup-a-soups. *Contains 406mg sodium per 100g.*



***Campbell's Simply Soup
Healthy Greens with Kale***

A great way to get more greens into your day, this new product contains 68 per cent vegetables. It's also low in fat, a good source of fibre (5.7g per 250g serve) and is not too high in salt. Contains 260mg sodium per 100g.



***Amy's Kitchen Organic
Split Pea Soup***

A healthier and lower-salt alternative to traditional pea and ham soup, the only ingredients in this vegan version are organic vegetables, split peas, herbs, black pepper and sea salt. Contains 273mg sodium per 100g.



***Darikay Tomato, Spinach
& Quinoa Soup***

Just like homemade, this soup has only veggies, stock, quinoa, garlic and spices. It's low in sodium and carbs so would make a filling snack without spiking your blood glucose levels (BGLs). Contains 150mg sodium per 100g.



***Woolworths
Minestrone Soup***

This is a good source of fibre (5.4g per 300ml serve) and is not too high in salt compared with similar packaged soup brands.

The other bonus is that this single-serve tub gives you more than two serves of vegetables in one convenient hit.

Contains 235mg sodium per 100g.



***Pitango Organic Pumpkin
& Ginger Soup***

Pumpkin soup is a family favourite, and this one has a hint of ginger, is certified organic, low in fat and doesn't contain any preservatives. It's also a good source of fibre and is lower in sodium than many other packaged pumpkin soups.

Contains 259mg sodium per 100g.



***Heinz Big Red Salt
Reduced Condensed
Tomato Soup***

If you fancy a nice warm bowl of good old-fashioned tomato soup, this one has 91 per cent tomato concentrate to give it that rich tomato taste, but less than half the salt of regular packaged versions.

Contains 130mg sodium per 100g.

BE SALT SAVVY

A key consideration when choosing a soup is its level of sodium (salt), which is used as a preservative and to add flavour. Your recommended daily intake is less than 1600mg if you have high blood pressure or want to cut your risk of heart disease and stroke, which are more common in people with diabetes. Some soups have more than the recommended daily intake in a single serve, so look for products with less than 300mg of sodium per 100g. ■



SCAN AND SAVE
Use the free **viewa** app to scan this page and save this guide to your phone. Handy!

Food that works for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a **healthy, balanced** diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements,

as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!

Alison Roberts, Food Editor (*far left*)
Lisa Urquhart, Dietitian

Serves 2 (as a main)

We show whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use brand names to make it easy for you to find nutritionally suitable foods at the shops.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Salmon, spinach and corn pizza
PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

2 Vitacis Souvlaki & Pizza Lite Pittes
2 tablespoons sweet chilli sauce
60g (6 cups) baby spinach leaves
50g button mushrooms, thinly sliced
½ small red capsicum, cut into thin strips
60g (½ cup) fresh or frozen corn kernels
185g can Tassal Premium Tasmanian Salmon in Springwater, flaked
80g (¾ cup) 30% fat-reduced grated cheddar cheese
45g (3 cups) mixed salad leaves
Lemon juice or balsamic vinegar, to drizzle (optional)

1 Preheat oven to 200°C (fan-forced). Place the bread bases on a baking tray. Spread each with 1 tablespoon of sweet chilli sauce.
2 Top bread bases with spinach, mushroom, capsicum, corn and salmon. Sprinkle the cheese over.
3 Bake pizzas for 12 minutes or until the cheese melts and the bases are crispy.
4 Serve the pizzas with salad leaves, drizzled with lemon juice or balsamic vinegar, if you like. ➤

nutrition info
PER SERVE 2171kJ, protein 33.8g, total fat 19.3g (sat. fat 8.4g), carbs 49.7g, fibre 5.3g, sodium 630mg.
• Carb exchanges 3½.
• GI estimate medium.

How our food works for you
see page 92

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Make counting carbs easy: one carb exchange = 15g carbs. Aim for 1-2 exchanges in snacks, and 1-4 exchanges in a meal.



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* Kilojoules 8700kJ Protein 50g Total fat 70g Saturated fat 24g Carbs 310g Fibre 30g Sodium 2.3g

To lose weight* Kilojoules 6000kJ Protein 50g Total fat 40-50g Saturated fat 15g Carbs 180g Fibre 30g Sodium less than 1.6g

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

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- Versatile and easy to use, Natvia 100% Natural Sweetener is great in baking and has been expertly crafted to complement coffee and tea.
- Available from Coles and Woolworths nationally in a range of convenient packs and sizes.
- Find out more and discover new recipes at natvia.com

Lemon and raspberry iced tea

PREPARATION TIME: 5 MINS

PLUS 4 HOURS CHILLING

COOKING TIME: NIL

SERVES 6 (AS A DRINK)

2 black tea bags

⅓ cup Natvia 100% Natural Sweetener

1L (4 cups) boiling water

500ml (2 cups) cold water

60ml (¼ cup) freshly squeezed lemon juice

120g (1 cup) frozen raspberries, defrosted, juices reserved

Ice cubes, to serve

Mint leaves, to serve (optional)

1 Put tea bags and Natvia in a heatproof jug. Pour over boiling water and stir well. Set aside for 5 minutes to steep. Squeeze out tea bags and remove.

2 Add cold water and lemon juice to jug. Stir well. Process raspberries and any juices in a small food processor until smooth. Push mixture through a sieve. Discard seeds and pulp and add juice to tea mixture. Refrigerate for 4 hours or until completely cold.

3 Add ice cubes to serving glasses. Pour over tea mixture and serve with mint leaves, if using. ➤

lower carb

How
our food
works
for you
see page 92

nutrition info

PER SERVE 70kJ,
protein 0g, total fat 0g
(sat. fat 0g), carbs 2g,
fibre 2g, sodium 8mg.
• Carb exchanges N/A.
• GI estimate low.
• Gluten free.

gluten free



Quick berry sauce

PREPARATION TIME: 5 MINS

COOKING TIME: 30 MINS

MAKES 500ML (2 CUPS), 2 TBSP

PER SERVE, AS PART OF A DESSERT

500g pkt frozen mixed berries
1 cup Natvia 100% Natural
Sweetener
Freshly squeezed juice of 2 oranges

1 Put berries, Natvia and juice in a medium saucepan. Cook, stirring, over a medium heat for 8-10 minutes or until Natvia dissolves and fruit has thawed.

2 Increase heat to high and bring to the boil. Reduce heat to medium and simmer, uncovered, for 20 minutes or until the mixture thickens to a pourable consistency.

3 Pour mixture into a clean glass jar or bottle. Seal. Keep in the fridge for up to 2 weeks. Reheat your required portion before serving.

nutrition info

PER SERVE (2 Tbsp) 106kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 4g, fibre 2g, sodium 2mg. • Carb exchanges ½. • GI estimate low. • Gluten free.

60-SECOND DESSERT

Toast 1 Nanna's Waffle. Spoon over 2 Tbsp Quick berry sauce and top with ½ cup drained canned peach slices in natural juice. Serve.

nutrition info

PER SERVE 517kJ, protein 2g, total fat 1.6g (sat. fat 0.6g), carbs 21g, fibre 4.2g, sodium 130mg. • Carb exchanges 1½. • GI estimate medium.

Coconut and lime biscuits

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

MAKES 16 (2 PER SERVE AS A SNACK)

50g light margarine
½ cup Natvia 100% Natural
Sweetener
Zest of 1 lime
1 tsp vanilla extract
50g egg, lightly whisked
35g (½ cup) shredded coconut
80g (½ cup) wholemeal plain flour
40g (¼ cup) self-raising flour

1 Preheat oven to 170°C (fan-forced). Line 2 oven trays with baking paper.

2 Put margarine, Natvia, lime zest and vanilla in a medium bowl. Using a wooden spoon, mix well. Add egg and mix until well combined.

3 Add coconut and flours to the bowl. Mix until well combined.

Using clean hands, bring mixture together to form a ball. Take 1 Tbsp of mixture and shape into a ball. Repeat with remaining mixture to make 16 balls. Arrange on prepared trays, about 3cm apart. Using your hands, press the balls out into circles.

4 Bake for 15-18 minutes or until light golden brown (if you cook them less you end up with a softer biscuit and the longer time makes them chewier). Set aside on trays for 5 minutes before transferring to a wire rack to cool. Serve.

COOK'S TIP

Keep biscuits in an airtight container in the fridge for up to 5 days.

nutrition info

PER SERVE 502kJ protein 3g, total fat 6.5g (sat. fat 3.4g), carbs 11g, fibre 3g, sodium 69mg. • Carb exchanges ¾. • GI estimate medium.



nutrition info

PER SERVE (cake only)
527kJ, protein 3.3g,
total fat 4.7g (sat. fat
1.1g), carbs 15g, fibre
4g, sodium 143mg.
• Carb exchanges 1.
• GI estimate medium.

PER SERVE (with
ice-cream) 629kJ,
protein 4g, total fat
5.3g (sat. fat 1.4g),
carbs 16g, fibre 5g,
sodium 154mg.
• Carb exchanges 1.
• GI estimate medium.

**Rhubarb, pear
and almond cake**

PREPARATION TIME: 15 MINS
PLUS 20 MINS COOLING
COOKING TIME: 40 MINS
SERVES 12 (AS A SNACK OR DESSERT)

Cooking spray
80g light margarine
⅔ cup Natvia 100% Natural
Sweetener, plus 1 Tbsp extra
1 tsp vanilla extract
2 x 50g eggs
2 very ripe pears, peeled, mashed
1 Tbsp low-fat milk
110g (¾ cup) wholemeal
self-raising flour
75g (½ cup) self-raising flour
1½ tsp ground cinnamon

250g trimmed rhubarb,
cut into 4cm pieces
1 Tbsp flaked almonds
Combined icing sugar and ground
cinnamon, to serve (optional)
20g scoop Peters No Sugar
Added Creamy Vanilla
ice-cream, per person, to serve

1 Preheat oven to 170°C (fan-
forced). Spray a 7cm deep, 20cm
(base measurement) round cake
tin with cooking spray. Line base
and sides with baking paper.
2 Using a wooden spoon, beat
margarine, Natvia and vanilla in a
medium bowl until well combined.
Add eggs, 1 at a time, beating well
after each addition. Add pear, milk,

flours and cinnamon. Mix until
well combined.

3 Spoon batter into prepared
tin and smooth the surface.
Toss rhubarb in the extra Natvia.
Arrange over the top of cake,
pushing rhubarb down into the
batter. Sprinkle over almonds.

4 Bake for 35-40 minutes or until
a skewer inserted into the centre
of the cake comes out clean. Set
aside in the tin for 20 minutes.
Turn out onto a wire rack. Put
another wire rack on top of the
cake and turn the cake back
upright. Sift combined icing
sugar and cinnamon over cake,
if using. Serve cake on its own
or with ice-cream. ■

SAVE dollars, KILOS & time

You can enjoy healthy, nutritious food and still save money with our simple, *dietitian-approved ideas* for better shopping – and eating



Think choosing healthy food equals bigger grocery bills? Wrong. In fact, according to US research, not only does following a nutritious, weight-friendly diet cost no more money than a less virtuous one, over time it can actually reduce your food bills.

Here are 15 ways to cut your grocery costs every day, without sacrificing your tastebuds or your health.

1

WRITE A LIST (AND USE IT!)

‘This is a great way to stick to a nutritional plan,’ says Amanda Clark, a Queensland-based dietitian and author of *Portion Perfection* and *Australian Healthy Snack Bible*. ‘And it also makes sense from a financial point of view.’

Research from the Wharton University of Pennsylvania has found that unplanned shopping trips bump up impulse spending by 23 per cent.

‘Plan your menu for the days ahead, so you’ll have a clear idea of what you want to cook for the week when you enter the supermarket, instead of leaving things to chance,’ says Clark.

2

REACH FOR A BARGAIN

According to consumer advocacy group Choice, you'll never find a bargain on the best, easiest-to-access shelves. So when you're shopping for a healthy packaged product such as olive oil, canned fish or brown rice, save money by bypassing the products at eye level and looking at the ones on higher and lower shelves instead.

3

SHOP MORE, WASTE LESS

That's the message from a University of Arizona study, which discovered that families who do large fresh-food grocery shops actually end up with bigger overall food bills.

The reason? Food waste. Unpredictable schedules and changing plans through the week mean a lot of food spoils before it gets eaten. The solution? Buy perishable items every few days, rather than buying up large, less frequently.

4

USE SEASONAL INGREDIENTS

When a fruit or vegetable is in season, there's a more plentiful supply and it can usually be sourced closer to home – two factors that bring the price down. Plus, fruit and vegetables are more likely to be tastier and more nutritious when they're most abundant.



READERS SHARE

'My money-saving tips'

'I save money by growing my own snow peas, spinach and rocket. These veg can be expensive to buy but are easy to grow. Visit farmers' markets and buy only what you will eat in the next few days.'

Stick to your meal plan and buy staples at the supermarket.'

– *Therese Lawson*

'My strategy is to purchase specials and the cheapest cuts, and to choose vegies to suit the dish. I use a slow cooker, especially in winter, and freeze portions. If I know I have a curry in the freezer I'm less likely to pick up a takeaway.'

– *Helen Reeves*

'It is very difficult being coeliac and having to pay through the nose for gluten-free products which usually taste like cardboard! So I mainly use fruit and vegies and a lot of rice to bulk up my dishes. I always buy my rice in bulk, too.'

– *Len Farina*

5

DON'T SHOP HUNGRY

Despite your best intentions, a rumbling tummy can lead you to not only buy significantly more food, you'll be more likely to reach for foods with 44 per cent more kilojoules.

'Self-control is diminished by stressors such as hunger, so just as you've planned your menu before you shop, also plan to be up to date with meals before you go shopping,' says Clark.

'If you do find yourself out at snack time, a small milk-based coffee can be a satisfying, portion-controlled snack before taking on the grocery task.'

6

BUY ITEMS ON SALE

Check your supermarket's weekly specials ads to help you save. Research shows that not only can you shave about five per cent off a basket of groceries by choosing products on special, but shoppers who make a habit of using ads for price information make 25 per cent fewer unplanned purchases.

7

BIN THE BRANDS

Choosing a store's own-label products instead of leading brands when you're shopping for staples such as dairy products, canned fish and wholemeal pasta can trim up to 35 per cent off your shopping bill. ➤

8

STOCK UP ON TINS

Did you know canned fruit, vegetables and legumes are up to 80 per cent cheaper than the fresh versions? Plus, two studies have found they're just as nutritious – in some cases, even more – than fresh. The canning process makes fibre in beans more soluble and improves the vitamin B and antioxidant content of tomatoes.

Dietitian Melanie McGrice says, 'A can of four-bean mix, which is low GI and high in protein and fibre, can be used for a salad or added to a dinner or soup.'

9

BULK-BUY HEALTHY FOODS

Buying big on products such as oats, wholemeal flour and spices can save you up to 89 per cent compared with buying in smaller quantities, US research has found.

10

PREP IT YOURSELF

Pre-cut and pre-washed produce usually costs up to three times as much as the same produce that's loose and whole. So chop to it!

11

REDUCE MEAT, BOOST VEG

A 2015 study found a vegetarian diet saves \$1000 a year and bumps up vegetable intake by

Season's eatings

Maximise taste and minimise spending by buying these fruit and veg – they're in season right now

Fruit



Bananas and grapefruit



Kiwifruit and lemons



Mandarins and oranges

Vegetables



Broccoli and brussels sprouts



Carrots and cauliflower



Fennel and mushrooms



Potatoes and silverbeet

25 serves a week and whole grains by 14 serves a week.

Don't want to ditch the steak for good? Going veg just once or twice a week still benefits your bank balance and health. Visit meatfreemondays.com for ideas.

12

AVOID THE AISLES

'Most packaged and processed foods are in the centre aisles of a supermarket, while fresh foods and staples such as bread are on the perimeter,' says Clark.

13

PAY WITH CASH

US researchers found using a credit card encourages impulse buys. Not only does that bump up your bill, it also makes less healthy foods seem more justifiable.

14

FILL YOUR FREEZER

Frozen vegetables are great to have on hand. They are usually 50-60 per cent cheaper than fresh vegies and are often richer in vitamins and antioxidants.

15

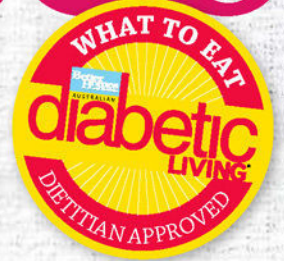
DON'T WASTE LEFTOVERS

Of the \$8 billion-worth of food Australians throw away each year, more than a quarter is leftovers.

See page 88 for great tips on freezing leftover meals. ■

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▶ Do you have diabetes?

NO ☐ YES, TYPE 1 ☐ TYPE 2 ☐ DON'T KNOW ☐

▶ Does someone you know have diabetes?

NO ☐ YES, TYPE 1 ☐ TYPE 2 ☐ DON'T KNOW ☐

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¹People diagnosed with diabetes with elevated blood ketone levels should seek medical advice. ² Evaluation of a Faster, Smaller Sample Volume Blood B-Ketone Test Strip, sponsored by Abbott Diabetes Care, 2006. Data on file. Ask your healthcare professional how a FreeStyle Optium Neo may assist you. Always read the label and use only as directed. For more information about this glucose meter, please contact Abbott Diabetes Care Customer Service on 1800 801 478.

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Toni

Toni Eatts, **Editor**

Editor's note

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YOUR **BONUS** TYPE 2 HANDBOOK

Live well & feel great

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GREAT FOOD, BETTER BGLs

The recipe for good health starts with what's *on your plate*. Want to stay slim and feel at your best? Here's how...

Eating well is the foundation of living well with type 2 diabetes. You've probably heard that from your care team once, twice or 47 times since being diagnosed.

There's a great reason why: it's far easier to stay well and keep trim if you follow a well-balanced meal plan containing a variety of foods from each of the main groups – vegetables, whole grains, lean proteins, dairy foods and fruit, plus small amounts of healthy fats.

Eating foods from these groups will provide you with essential nutrients – such as vitamins, minerals and amino acids – which help to safeguard your body's health and vitality. It will also keep your blood glucose humming along at a consistent level – that is between 4 and 8 millimoles per litre (mmol/L).

Maintaining steady blood glucose levels (BGLs) will help

slow the development of your type 2 and play a significant role in preventing diabetes-related complications such as cardiovascular disease.

More balanced BGLs will also help you feel consistently well and more energetic – and who doesn't want to have great energy levels?

Read on to discover how to make your next meal or snack a whole lot healthier – no lengthy preparation, special foods or budget-busting shopping required!

TRY THIS... *Think fresh*

Accredited practising dietitian Adele Mackie, from Diabetes Victoria, says the most important dietary tip for people with type 2 is to fill your plate with as many unprocessed or minimally processed foods as possible.

Vegetables and whole grains should make up the largest part – more than two-thirds – of your diet, with two to three



pieces of fresh fruit providing another sixth of your daily intake. Unprocessed foods are released more slowly into your bloodstream than processed foods, so will cause fewer spikes in your BGLs.

The fibre in whole vegetables and fruit (rather than juiced) and in grains also slows digestion, promotes a healthy gut and increases your sense of satiety, even when you're eating smaller portions.

For tips on healthy shopping for less, turn to page 98.

KEEP IN MIND You don't have to ditch that Thai takeaway treat



or give up eating dessert altogether to keep your BGLs balanced and your health on track – that's not realistic and will make for some pretty boring mealtimes.

Instead, aim to maintain good diabetes management for life by striving to eat more balanced meals most of the time, and allow yourself the occasional treat.

TRY THIS... ***Eat regularly (and don't skip brekkie!)***

There is no hard and fast rule about how many meals you should eat in a day – Mackie

emphasises that it's entirely up to you to decide whether you feel good eating three meals, or whether you like to have small snacks between main meals to maintain your energy levels.

Instead, focus on eating regularly and not allowing yourself to get too hungry, because that is when the temptation to turn to highly processed or sugary foods can kick in.

However you choose to divide up your meals throughout the day, studies have shown that eating breakfast is an essential foundation for steady BGLs.

Turn to page 110 for DL dietitian Dr Kate Marsh's fab and filling brekkie ideas.

TRY THIS... ***Enjoy smarter carbs***

Contrary to popular belief, carbs are not off the menu if you have diabetes.

'People with diabetes can eat carbohydrate-containing foods, but maintaining consistent BGLs means choosing carbs that are higher in fibre and have a lower glycaemic index, while also managing your portion sizes,' says Mackie.

The Glycemic Index (GI) refers to the rating of foods according to how quickly they are released into the bloodstream. Carbohydrates with a low GI value (55 or less) are more slowly digested and absorbed, and cause a smaller and slower rise in BGLs.

Low-GI staples include wholegrain breads and ➤

TRY THIS... ***Just add water***

Clear the fridge of juice and soft drinks. You can jazz up a plain glass of water with these ideas



SLICE IT

Add a few pieces of fresh lemon, lime or cucumber to sparkling or still water.



CRUSH IT

Roughly smash raspberries, strawberries or blueberries in the bottom of your glass, then add still or sparkling water.



PICK IT

Have a herb garden? Pick some mint and steep it before adding to water. Or crush basil leaves, add to a jug of water and leave overnight before drinking.



FREEZE IT

Chop up slices of orange or mandarin, freeze them into ice cubes and you have a delicious, refreshing treat.



cereals, sweet potatoes, legumes (lentils, beans and chickpeas), low-fat dairy products such as milk or yoghurt, and pasta.

You can give your day a healthy low-GI makeover by making simple tweaks to your regular diet – you may already be doing them without even realising!

For example, choose rolled oats and rolled barley as the base for porridge or muesli in your breakfast; opt for pearl barley in soups, bulgur wheat in salads, or dense rye or wholegrain breads in your lunchtime sandwich; then choose pasta with lots of vegies for dinner.

Go to glycemicindex.com for more information on the GI values of everyday foods and drinks.

TOP TIP Interestingly, high-GI foods can be eaten with low-GI foods to give your total meal a lower GI.

There are lots of meals where combined GI values can work to keep your BGLs steady. Balance a high-GI baked potato brushed with olive oil with a palm-sized grilled lean steak and lightly cooked non-starchy vegies.

Love white rice? First look for a lower-GI variety, such as basmati or SunRice Doongara, then team it with lean chicken breast strips or tofu stir-fried in peanut oil with lots of vegies. Yum! ■

HOW TO EAT MORE VEG

Sometimes eating five serves of vegies a day is easier said than done. Try these lip-smacking solutions for sneaking more veg into your meals

To start the day...

Roasted tomatoes with balsamic vinegar and feta on wholegrain toast.

Baby spinach with two warm, just hard-boiled eggs served in a wrap.

Sautéed mushrooms on seeded wholegrain toast with chopped parsley.

Homemade baked beans (make a big batch and freeze portions for busy mornings).

Scrambled eggs with chives and baby peas.

Avocado with smoked salmon on wholegrain rye.

Later on...

Grate carrot, celery and parsnip into pasta sauces.

Serve bolognese sauce in a big roasted mushroom.

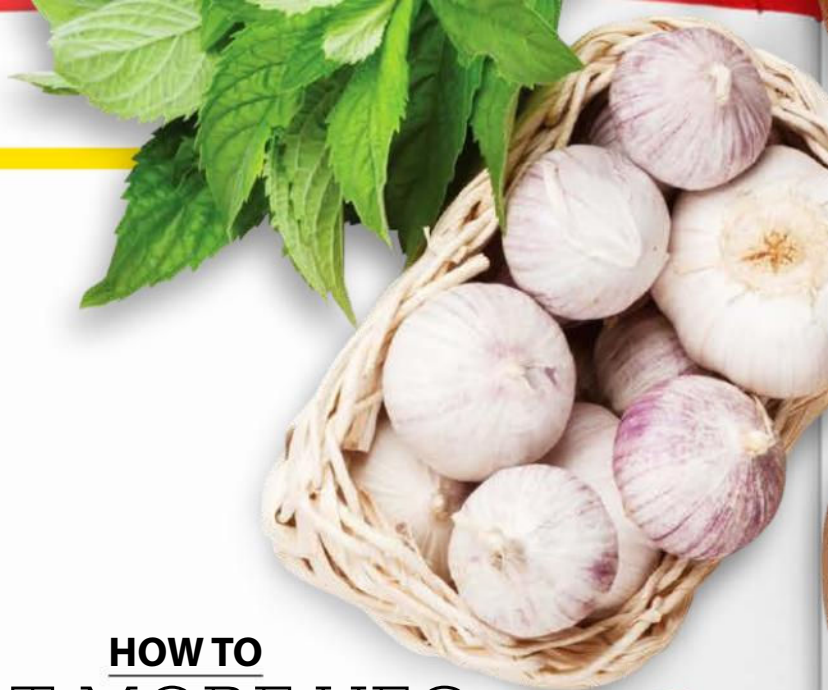
Cook extra roast veg to serve in a frittata.

Add hummus to salad sandwiches.

Add extra vegies to homemade soups.

Make minestrone.

Get out the wok and stir-fry! Try spring onions, garlic, broccolini, snow peas, tofu and toasted peanuts.





TALL IS ALL

A study from Cornell University in the US found people tend to serve more alcohol when using shorter, wider glasses than taller, slimmer ones. So if you're trying to limit your drinks, put that beer mug back in the cupboard.

BRAIN GAMES

These scientifically proven tricks can really help you give your meals a slimming makeover. Tap to it!

SHRINK IT

A US study has found that if you cut a large dessert into portions and store extra servings out of sight, you're less likely to go back for seconds and you'll still feel satisfied.



COLOUR IT IN

Want to reduce your portion sizes? Cornell University says to pick plates that contrast the food you're eating, so put that juicy piece of steak on a white plate.



BE A TAP DANCER

Find yourself at the mercy of your cravings? Research says tapping your forehead for 30 seconds can help fight the urge to overindulge. Give it a go!

READERS SHARE

Favourite tips on saving money and staying healthy

"I save money and eat well by keeping a small veggie patch."

– Len Farina

"For breakfast, I eat two soft-boiled eggs (from my own chickens) with toasted German low-carb bread, followed by a piece of fruit."

– Sharon White



SWAP IT



MAKE THE

Cut kilojoules – not taste – with *clever food swaps*



7AM *Start the day well*

➔ **SWAP** a 40g serve of Kellogg's Corn Flakes **FOR** 40g of Kellogg's Guardian cereal. **RESULT** Cut sodium by 140mg, boost fibre by 6.7g and lower GI from 77 (high) to 37 (low).



↵ **SWAP** 2 slices of Tip Top Café Raisin Toast **FOR** 2 slices of Bûrgen Fruit & Muesli bread. **RESULT** Save almost 1000kJ, reduce the carbs by half, boost the fibre and lower the GI, to keep you feeling full for longer.

➔ **SWAP** a ham and cheese croissant **FOR** a wholegrain English muffin topped with low-fat ricotta and tomato. **RESULT** Save more than 400kJ and 12g of fat, and increase fibre by 4g.



↵ **SWAP** 2 fried eggs and bacon **FOR** 1 poached egg with spinach, tomato and wholegrain toast. **RESULT** Save over 1000kJ and 1300mg of sodium, while increasing fibre.



12PM *Refuel and recharge*

➔ **SWAP** a white pita bread **FOR** a Goodness Superfoods Wholegrain Barley Wrap. **RESULT** Save more than 350kJ and 150mg of sodium, boost fibre by almost 5g and cut carbs by more than half.



↵ **SWAP** a regular size SumoSalad Chicken Caesar Wrap **FOR** a regular size SumoSalad Fragrant Vietnamese Chicken salad. **RESULT** Save more than 1000kJ and 16g of fat.

➔ **SWAP** a white ham, cheese and tomato sandwich **FOR** a wholegrain cheese and salad sandwich. **RESULT** Save 135kJ and 280mg of sodium, and more than double the fibre.



↵ **SWAP** a Subway Chicken Schnitzel 6-Inch Sub **FOR** a Subway Chicken Strips 6-Inch Sub. **RESULT** Save 500kJ, 6g of fat and 140mg of sodium.

SWITCH

from *DL* dietitian Dr Kate Marsh



7PM Relax and unwind

→ **SWAP** a jar of tomato-based pasta sauce **FOR** the equivalent amount of canned whole tomatoes. Mash with a fork and add to your pasta dish. **RESULT** Save 250kJ while reducing sodium and added sugar.



↩ **SWAP** a serve (150g) of hot chips **FOR** a jacket potato with a dollop of low-fat Greek-style plain yoghurt. **RESULT** Save almost 500kJ, 8g of fat and 450mg of sodium.

→ **SWAP** coconut cream in your curries **FOR** Nestlé Carnation Light & Creamy Coconut Flavoured Evaporated Milk. **RESULT** Cut 390kJ and 16g of saturated fat per 100g, while boosting protein and calcium.



↩ **SWAP** arborio rice **FOR** pearl barley in risotto. **RESULT** Cut 420kJ per cooked cup, increase fibre and lower the GI. Add plenty of vegies and lean chicken breast strips.

SNACK RIGHT

These flavour-packed options will help you power through the day

10AM

SWAP 200g of low-fat fruit yoghurt **FOR** 200g of low-fat plain yoghurt with 50g of frozen mixed berries. **RESULT** Save 160kJ, cut added sugars and increase fruit intake.



3PM

SWAP 30g of potato chips **FOR** 25g of The Happy Snack Company Roasted Chic Peas. **RESULT** Cut 220kJ and more than 7g of fat, and triple the fibre.



8PM

SWAP a Mars bar **FOR** a row (30g) of dark chocolate. **RESULT** Save more than 350kJ and 15g of sugar while increasing antioxidants.



RETHINK YOUR COFFEE

SWAP your mocha **FOR** a cappuccino. **RESULT** Save kilojoules and avoid blood glucose spikes. For example, replacing a Gloria Jean's small Caffé Mocha with the same size Cappuccino cuts more than 250kJ and 10g of carbs.





6 STEPS TO A FITTER YOU

Moving more is essential for keeping your type 2 on track. You'll love the side effects of *losing weight* and feeling great!

Whether it's taking the dog for a walk or lifting weights in the ad break of your favourite TV show, every little bit of physical activity counts towards getting the scales and your blood glucose levels (BGLs) moving in the right direction.

Now that you have a handle on the kinds of foods that will give your diabetes management a healthy lift, the next step is to make regular exercise part of your natural routine.

Why? Because working out improves the sensitivity of your cells to insulin and increases the uptake of glucose from your bloodstream.

'That means you will feel less tired and you will have lower circulating glucose levels,' says *DL* accredited exercise physiologist Christine Armarego.

'High BGLs are the cause of diabetes complications, so regular exercise prevents complications.'

'Every bout of exercise you do improves your insulin sensitivity for up to 48 hours, peaking at 24 hours. Exercising daily will have the optimal effect, but if you can't manage that, aim to exercise every second day.'

Feeling daunted by the idea of starting an exercise program – and sticking to it? Just follow our simple, step-by-step guide...



Give your GP the heads up

Before you start any new exercise program, it's important to check in with your GP or endocrinologist to confirm you're physically and medically able to exercise.

Your care team can also help you understand how exercise will affect your BGLs and whether your medication, food intake or insulin will need to be adjusted when you begin.

Once you've got the all clear, seek advice and a program to suit you from an exercise physiologist or a trainer recommended by your GP or diabetes educator.



EXERCISING WITH MOBILITY ISSUES

Think that working out will be too hard? It's time to think again...

If you have mobility issues, exercise can help you build muscles that take the pressure off joints and improve your balance. Here's how:

IF YOU HAVE ARTHRITIS

DL exercise physiologist Christine Armarego

recommends water-based activities for people with arthritis, because water takes the strain of supporting body weight out of the equation.

She also uses resistance training to build muscles for dynamic stability.

'Having stronger muscles around the joint helps to keep it in better alignment and prevents the progression of arthritis,' she says.

IF YOU HAVE NEUROPATHY (NERVE DAMAGE)

'I recommend a program of balance retraining at home. If you've lost some feeling in your feet, you can train your muscles and vision to compensate,' says Armarego.

In addition, a resistance-training program starting with light weights will burn kilojoules and get your BGLs on a more even keel while you're regaining the confidence to use your feet and legs for more aerobic activities.

and down the hallway, and using light hand weights to build arm strength.

The boost you get from increasing your activity and from becoming more comfortable with exercising will fuel you as you progress to the next phase.

STEP #3 Discover what's right for you

Tune in to your own exercise preferences. 'If you can stick to a home-based program, that's brilliant, but if you need to go to a class, find one locally that's at your level and that will help you feel motivated and supported,' says Armarego.

'Some people with chaotic routines have to work out their schedule on the fly. I say to them, "You just need to make sure you have your stuff ready in a bag. Then if a meeting gets cancelled, you can go to the pool or the gym.'"

Armarego also suggests finding your optimal time of the day to exercise, whether that's early morning before the day starts getting busy, or in the early evening just before you cook dinner.

Try exercising at different times of the day until you find a timeslot that works for you and fits in with your lifestyle. ➤

STEP #2 Start gently and build on your successes

Armarego stresses that everyone is different in their relationship to exercise – we all have exercise baggage of good or bad experiences that we carry around with us. Starting small is a proven way of overcoming this baggage and of developing a new and positive relationship with training.

For example, Armarego says she might start a client who is fearful of or resistant to exercise with simple activities such as sit-to-stand (sitting in a chair and standing up), walking up



EXERCISE

STEP #4

Cardio + strength = best results

The fitness experts agree that a combination of cardio and strength exercises will have the greatest positive effects on your general health, your BGLs, your stress levels and your weight.

This is because exerting your cardiovascular system improves its capacity – meaning you won't get out of breath as often and your risk of heart disease (which can be elevated by having type 2) will be dramatically lowered.

In fact, the World Heart Federation says, 'Studies show that doing more than 150 minutes of moderate physical activity, or an hour of vigorous physical activity every week, will reduce your risk of coronary disease by about 30 per cent.'

Strength training – using light weights, your own body weight or resistance bands – makes your muscles draw glucose from your bloodstream to power that exertion. Toned muscles also store glucose more effectively and use more blood glucose even when you're not exercising – a win for BGLs and for weight management.

According to a 2013 Austrian study, 'Resistance training is increasingly establishing itself as an effective measure to improve overall metabolic health and reduce metabolic risk factors in diabetic patients.'

Even better? Both cardio and resistance training boost your production of endorphins and

other hormones that reduce stress and help to relieve mild depression.

STEP #5

Learn to love housework

We've become so used to thinking of work in the house and garden as drudgery – but it's actually a secret source of incidental exercise, kilojoule burn and satisfaction.

Tasks such as vacuuming and mopping (burning 180kJ per 15 minutes), window cleaning (142kJ per 15 minutes) and digging and weeding (142kJ per 15 minutes)* are valuable activity boosters in lives which are increasingly spent sitting.

Think of these chores as providing little add-ons to your activity program. They help to keep your glucose fires burning, your waist trim and your home looking gorgeous!

STEP #6

Keep yourself challenged

'One of the beautiful things about exercise is that it has the opportunity to show us our mastery,' says Armarego. 'As we make small and continuous progress, we master something, and that brings us joy.'

People who exercise regularly say mini milestones, such as walking a bit further every day or riding just that little bit faster on a stationary bicycle in the gym, give them the buzz to continue.

It's the first step to feeling confident to try new things and set even bigger goals – such as being able to swim a kilometre, cycle a hilly route without stopping, or walk a famous race such as Sydney's City2Surf. Before you know it, you'll be off on a lifetime's adventure in activity! ■



* KILOJOULE BURN IS BASED ON A 68KG WOMAN AND WILL VARY DEPENDING ON WEIGHT AND ACTIVITY SPEED.

ASK A DIETITIAN

Want to know the best ways to fuel your body before a workout? *DL* dietitian Lisa Urquhart is here to help

Healthy eating and exercise can both help to manage blood glucose levels (BGLs) and therefore benefit people with type 2.

However, I often see people overcompensate with bigger meals or extra snacks when they start an exercise program. This results in higher BGLs and often weight gain. To avoid this, aim for three meals and 2-3 balanced snacks each day.

Try not to have a large meal directly before you

exercise as this can cause stomach upsets. If you're hungry and feel you need to eat, have a small low-GI snack such as an apple or a tub of low-fat yoghurt.

Most people don't need sports drinks before or during exercise, unless you're doing intense aerobic exercise for more than an hour. Sports drinks tend to be high in sugar and may counteract the benefits of working out. My advice is to stick to water.



◀ APPLE OF MY EYE

If it's been a while since your last meal, grab an apple. It's the perfect snack before you work out, providing low-GI carbs to keep you going.



◀ WATER WISE

It's important to be hydrated before you exercise, but don't drink too much water just before you work out because it may make you feel sluggish.



TUB TIME

A 200ml tub of low-fat yoghurt gives a boost of protein and low-GI carbs – perfect fuel for building muscles before or after exercise, particularly resistance training.

6 READERS SHARE

From easy to vigorous, the best exercise is the one you love

“I enjoy intense exercise like Muay Thai kickboxing, netball and going for a run on the treadmill.”

– Katrina Brooks

“My favourite exercise is walking. I love it!”

– Deborah Trusz



YOUR 7 DAYS

Keen to shape up and trim down? *DL* accredited exercise physiologist

Monday

Start your day with a 20-minute walk. Walking is simple, effective and all you need is a pair of good, supportive shoes. Going for a walk also lowers your blood glucose levels (BGLs), boosts your mood and increases your cardiovascular fitness.

UP THE INTENSITY

Looking for more of a challenge? Increase the intensity of your workout by adding hills or doing the same walk in less time.

Tuesday

Complete 30 minutes of resistance training. This can be done at home with resistance bands or dumbbells. You can start with seated exercises, such as biceps curls, triceps extensions or single-arm rows, and then progress to standing exercises such as sit-to-stands or lunges. You could also try lifting moderately heavy hand weights. Do one set of 10-15 reps for each exercise.

UP THE INTENSITY

Once you get used to resistance training, up the ante by switching to heavier weights or trying new resistance exercises. Unsure of how to perform these safely? Speak with an exercise physiologist.

Wednesday

Swim for 15 minutes. While you may not be as fast as Ian Thorpe, swimming provides many benefits, including increased cardiovascular fitness. In addition, swimming uses every muscle in your body, which means it also improves your muscular endurance while lowering your BGLs. Start with walking some laps. Then try swimming one or two laps before resting until your heart rate comes down. Repeat this 3-4 times. Bear in mind that a lap can be kicking on your back while wearing fins if you are unable to do freestyle.

UP THE INTENSITY

As you become fitter, build up the number of laps you swim during each pool visit, or try swimming 3-4 laps before resting. Then increase your workout time. Remember to stay hydrated – keep a bottle of water handy.

Thursday

Make this a stand-up day! Take every opportunity to stand every few hours and avoid prolonged sitting. Set an alarm or reminder on your smartphone for every 2-3 hours. Try marching on the spot, step-ups onto a stair, or even just some light biceps curls at a moderate pace for 2-3 minutes.



TO FITNESS

Christine Armarego has a fab, flexible plan for you!

Friday

Interval training helps you to get fitter faster, without making you overly tired. It has you exercising at a moderate pace before adding spurts of greater effort. It can be incorporated into any of your preferred exercises – walking, swimming or cycling – and is a part of activities that have natural intervals, such as dancing or tennis. Start with 10-second spurts every 1-2 minutes over 10-15 minutes.

UP THE INTENSITY

As your fitness level rises, you can increase the time to 20-25 minutes or your speed in the spurts.

Saturday

Take a class – it can be yoga, tai chi or a circuit session at the gym or local community centre. Classes are great if you'd like a little extra help or just want to meet new people. Each should combine strength work with cardiovascular and flexibility exercises. Let the instructor know if it's your first time, or if you're returning from a break or have injuries, so they can modify the exercises for you.

UP THE INTENSITY

Start with the less intense option the instructor offers for the first few weeks, then lift the intensity of your efforts as you become fitter.

Sunday

Recovery is as important as exercise when it comes to staying healthy, so make Sunday a rest day. This doesn't mean that you stay in bed all day, just that it's free of a structured exercise session. Focus instead on your incidental exercise, aiming for 10,000 steps, and avoid prolonged sitting.

ESSENTIAL EQUIPMENT

Track your step count by investing in a pedometer or by downloading an app such as MyFitnessPal onto your smartphone – it's available for free at Google Play or the App Store. ■

GET-FIT GLOSSARY

1

LIGHT-INTENSITY EXERCISE

Any workout in which you can breathe normally and easily carry on a conversation.

2

MODERATE-INTENSITY EXERCISE

You know you are exercising and your breathing rate increases, but you can still chat.

3

VIGOROUS EXERCISE

Any workout in which the exercise is challenging and you get out of breath, but you can still manage a sentence or two of conversation.





RELEASE THE PRESSURE

If stress is threatening to hijack your mental health, happiness or diabetes management, try this *road map to calm*

Let's be honest – people living with type 2 diabetes have some pretty understandable reasons for feeling stressed out. Diabetes may make you feel you're no longer the person you thought you were, and adjusting to being a person with diabetes can be stressful. You may feel anxious about the requirements of monitoring and managing your condition, especially in the first few months or even years after being diagnosed.

Having diabetes can also increase the pressures of dealing with other life stresses. Situations that you found manageable in the past may now feel overwhelming and part of a barrage of demands on your life.

In addition to taking its toll on your emotional wellbeing, stress can also have a negative impact on your blood glucose levels (BGLs), as well as affecting your immune system and contributing to weight gain.

The good news is, the more experienced you become at living with diabetes, the less intrusion the condition will ultimately make in your life. Professor Kay Wilhelm, a consultant psychiatrist at St Vincent's Hospital in Sydney, says diabetes can also become an effective tool for improving your life.

Try these experts' tips for managing your stress and feeling in control of your health and happiness until diabetes becomes your new normal.

DON'T focus on the negative

Try to stop thinking of diabetes as a burden and instead see it as a licence to take care of yourself – for example, as a catalyst for making healthy changes to your eating or exercise habits, or for getting rid of excess kilos.

Making this mental shift can greatly reduce your stress and make sense of everything you do to maintain good health.



DO keep up with your care team

Between worrying about whether you're still allowed to enjoy that biscuit with your evening cuppa, to anxiety over whether you're supposed to be feeling so tired after being put on metformin, there are a lot of everyday niggles that come with living with diabetes.

To help you stay on top of your management and get answers to your questions, it's vital to have an experienced and caring team of healthcare professionals

around you – turn to page 8 for an idea of the types of experts to add to your team. And speak with your GP about developing a GP Management Plan for these experts so that you can claim rebates from Medicare.

Prof Wilhelm suggests keeping a list of questions to ask your healthcare providers. 'Writing down things that you want to discuss trains you to be an informed consumer, to be engaged in your care, not just waiting for people to tell you things,' she says. This is vital to feeling you're managing your diabetes and to being less stressed.

DON'T underestimate the power of sleep

Consistently suffering a poor night's sleep can impair your ability to deal with life's challenges and your ability to differentiate stresses from tasks that simply need to be done. A sleep deficit can also weaken your immune system and trigger the desire to eat more than you need. Prof Wilhelm offers these strategies for sleeping tight:

Before bedtime, write down the things you need to do the following day so that you don't

lie awake obsessing over them. And write down the things that brought you pleasure as well – it's important that you celebrate your victories.

Go back to your childhood and try to remember what helped you sleep when you were young. Was it reading a few pages of a book? Praying? Letting your imagination take you somewhere lovely? Use that to inspire a bit of shut-eye.

Another trick is to set your alarm for the same time every day and get up when it goes off – your sleep will adjust itself accordingly, says Prof Wilhelm.

If your schedule allows, exercise with the morning light. 'This helps you to reset your sleep-wake cycle in a way that helps you sleep,' she says.

DO talk about it

Whether you're sharing your triumphs and trials with good friends and family, a health professional, or both, the very act of talking can be immensely stress-relieving. Listening and appreciating the challenges other people face also helps to put your own challenges in perspective. So get chatting! ■

Beat STRESS EATING

1

IDENTIFY EATING TRIGGERS

These are the stressful situations that spur you to eat. To pinpoint them, record what and when you eat, how you're feeling and just how hungry or full you are.

2

FIND YOUR HAPPY PLACE

If stress eating makes you feel better, plan some other feel-good activities you could do. Make a list and keep it handy.

3

REMOVE TEMPTATIONS

Keeping 'comfort' foods nearby makes it easier to turn to them when stress hits. Instead, aim to have healthy snacks at hand.

4

EXERCISE REGULARLY

Working out and getting outdoors regularly will make you feel better mentally, too. A simple brisk walk will reduce those cravings for sugary treats.

READERS SHARE

Be stress savvy – and remember the tactics that work for you

I find that diet and exercise helps regulate my stress levels.

– JD Wiley

Stress spikes my BGLs. On first dates I am always susceptible to a rise.

– Rob Smith



STAY WELL CHECKLIST

Concerned about complications from your type 2? ***Fight the fear factor*** by learning how to identify and deal with problems early

When you're first diagnosed with a chronic condition such as type 2, your natural instinct may be to head online or to your local library to find out everything you can about it.

While it's helpful to be informed about your diabetes, all too often these fact-finding missions leave you worrying about the most extreme scenarios and complications.

They may even convince you that something terrible will happen if you have a bad day of blood glucose levels (BGLs) or have been skipping exercise sessions.

Let go of that mouse! Put that library card back in your purse! Although having type 2 will inevitably elevate your risk factors for certain conditions, keeping your BGLs within a safe range by eating balanced meals and exercising regularly is

a proven strategy for living well with diabetes.

In addition, staying vigilant about potential problem areas such as your eyes, feet, heart, kidneys and teeth, will go a long way towards safeguarding yourself against complications.

Diabetes educator Penny Morris, of St Vincent's Diabetes Service in Sydney, says the best strategy is to act like your own best friend. Perform consistent self-checks, take note of any changes and keep regular appointments with your care team to maintain good health for life.

EYES

Abnormalities caused by high BGLs (hyperglycaemia) can lead to early onset of cataracts (cloudy areas in the lenses of your eyes); glaucoma (poor drainage of fluid in the eyes, which affects vision); and diabetic retinopathy, or damage

to the micro blood vessels in your eyes, which, in extreme cases, can lead to blindness.

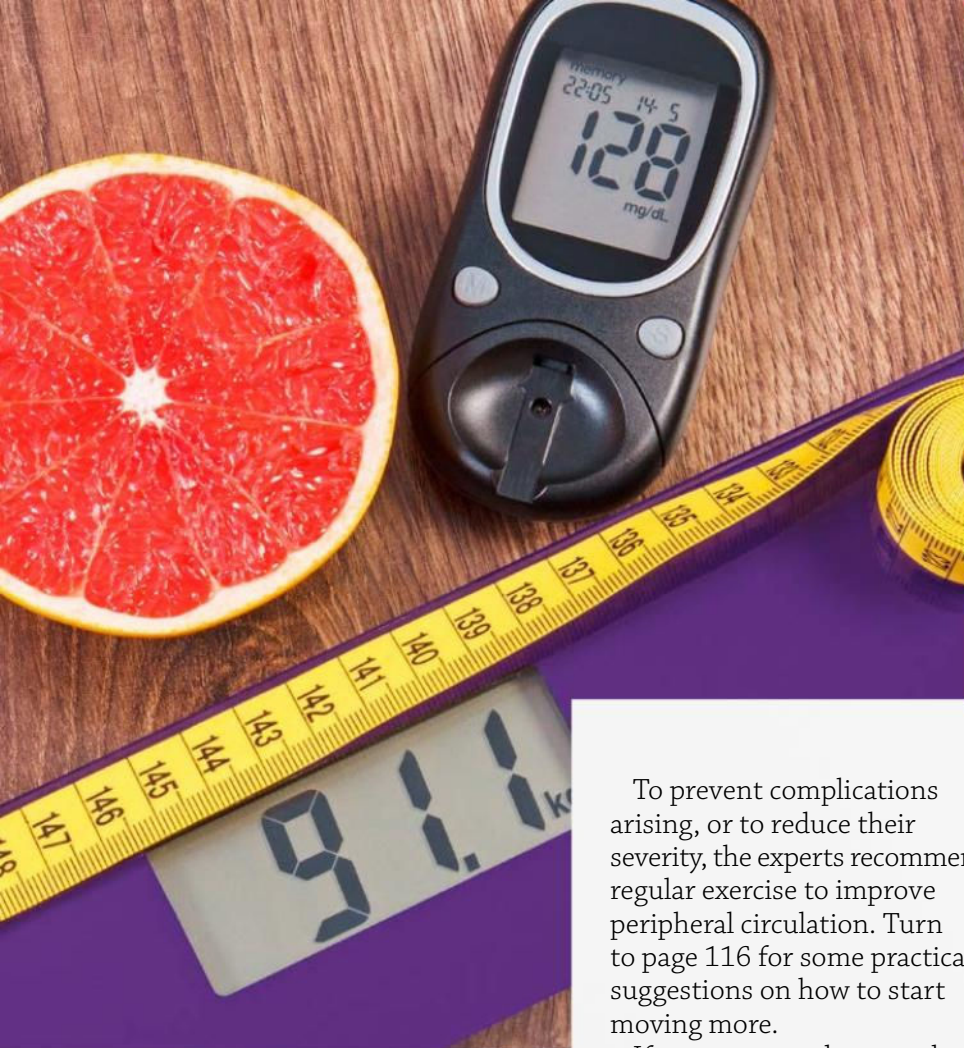
Check it out: A thorough annual eye examination can detect any deterioration in the blood vessels and nerves that nourish and control your vision. Ask your GP to perform one or ask for a referral to an ophthalmologist.

Between doctors' visits, watch out for blurriness, black spots, halos around lights, flashes of light or 'holes' in your vision. These are calls to action – they're telling you that you need to check in with your care team.

FEET

Experiencing numbness, tingling or burning pains in your legs and feet at night is a sign you have





suffered nerve damage. You should arrange to see your doctor or a podiatrist as soon as possible.

Similarly, seek medical advice if you experience leg cramps after walking short distances and unusually cold feet, or if you notice cuts that are slow to heal. These could be signs your circulation is deteriorating.

Nerve damage and poor circulation can leave your feet susceptible to serious infections, which can start from what initially appears to be an insignificant lesion.

Check it out: It's a good idea to have your GP check your feet at least once a year. If you are experiencing complications, they may refer you to a podiatrist for check-ups and treatment every six to eight weeks.

To prevent complications arising, or to reduce their severity, the experts recommend regular exercise to improve peripheral circulation. Turn to page 116 for some practical suggestions on how to start moving more.

If you are a smoker, another way to improve your circulation is to take steps to quit.

At home, remember to check your feet every day for cuts, blisters, the development of calluses or cracked skin. Any unusual swelling or changes in foot shape or the colour of your nails should also be noted.

Make an appointment with your doctor or podiatrist if you notice any of these changes, and ensure you are wearing shoes that fit well.

HEART

In addition to having type 2, there are several other factors that increase your risk of developing heart disease.

Carrying extra weight around your waist rather than your hips is one such risk factor – that's because

excessive abdominal fat can increase the production of LDL (bad) cholesterol.

When cholesterol builds up on the walls of your blood vessels, it reduces circulation, increases blood pressure and raises your risk of having a stroke. Having high LDL cholesterol also contributes to your heart disease risk.

Check it out: Arrange blood pressure and cholesterol checks with your doctor every six months. These are important for detecting and correcting elevations. Improvements can be achieved through making dietary changes, such as reducing your intake of animal fats, and by using medication.

If you're overweight, especially around the belly, see a dietitian. Also seek help if you're a smoker – smoking doubles your risk of developing heart disease and both smoking and diabetes narrow the blood vessels. ➤





KIDNEYS

High BGLs can cause damage to your kidneys' micro filters. The more damage that takes place, the less effectively they work – this is the main contributing factor in the development of diabetic kidney disease.

Morris also says your kidney health has a direct impact on your blood pressure and cholesterol, which is why it's vital to stay on top of it.

Check it out: Ask your doctor to test for diabetic kidney disease once a year. Maintain your kidney health between visits with regular exercise. This not only improves your BGLs and your circulation, but makes your cardiovascular system more efficient, which contributes to preventing kidney disease.

If you're on medication for high blood pressure, be mindful that taking it consistently is also important for kidney care.

TEETH

Your oral health is closely tied to your BGLs. Having erratic or irregular levels reduces your ability to fight off infections and predisposes you to a higher risk of dental problems and gum disease.

Bad breath, bleeding gums and loose teeth are signs you may have gum disease or oral



thrush. If you experience these symptoms, see your dentist as soon as possible.

Check it out: Twice-yearly visits to the dentist will help in the early detection of problems. On a day-to-day basis, maintaining good oral hygiene – brushing and flossing twice a day – is your best defence.

If you tend to have a dry mouth, drink water more frequently and chew sugar-free gum to boost saliva production. This helps to remove or dilute decay-promoting sugar that can be present in high concentrations in people with type 2. ■



STAYING ON THE LEVEL

Factors such as diet, stress and illness can all affect your BGLs, no matter how well you manage your type 2. *DL* diabetes educator Dr Kate Marsh explains the highs and lows

HYPOS

Hypoglycaemia occurs when your BGLs drop too low, usually below 4mmol/L. You are at risk only if you take insulin or sulphonylureas.

A hypo may be caused by missing or delaying a meal, eating fewer carbs than normal, being more active than normal, taking too much insulin or drinking alcohol.

Symptoms can include weakness, shakiness, dizziness, excessive sweating, irritability, lack of concentration, hunger and headache.

Prevent them: Eat regularly, don't skip meals and eat a similar amount of carbs at each meal every day (or learn to adjust insulin to match your carbs). Have extra carbs before exercise and drink alcohol in moderation and with food.

Treat them: If you have symptoms, check your BGL to confirm it's low. Don't have your meter? Assume it's a hypo and treat it anyway. Hypos should be treated immediately with easily absorbed carbohydrate such as glucose tablets, jelly beans or regular, not diet, soft drinks.

If you don't treat a hypo, your BGLs can continue to drop and result in confusion, loss of coordination and, in extreme cases, coma. Fortunately this is uncommon in type 2.

HYPERS

Hyperglycaemia happens when your BGLs are too high. Hypers are typically caused by missing or not taking enough medication or insulin, eating too many carbs, being less active than usual, illness or excessive stress.

Symptoms include thirst, frequent urination, fatigue, blurry vision and headaches. If you have these symptoms it's important you see your doctor as soon as possible.

Prevent them: Taking your medication or insulin as prescribed, staying active, managing stress levels and balancing your insulin and food intake can help you head off hypers.

It's good to keep in mind that the occasional high BGL caused by eating more than usual or being less active is not a problem. But if your BGLs are consistently over 10mmol/L, it's time to speak with your doctor.

Treat them: Lower your BGLs by going for a walk. Just remember not to overdo it as high-intensity exercise can cause a glucose spike.

If your BGLs remain over 15mmol/L for more than 8-12 hours, treat it seriously, particularly if you also feel unwell. Add this to your sick-day plan – turn the page to find out more.

6 READERS SHARE

All our experiences help shape us – for better or worse!

“After two ingrown toenails, I have my feet regularly checked.”

– Michelle Norris

“I'm more likely to get angry if I'm low. I tell people not to make the hungry diabetic cross or anything could happen. LOL!”

– Wendy Flint



YOUR SICK-DAY PLAN

Hit with a cold or an infection?
Don't panic! *DL* diabetes educator
Dr Kate Marsh knows what to do

As well as making you feel miserable, being sick can make it more difficult to manage your diabetes. Illness or infection is a stress on the body. To deal with this stress, your body releases hormones that help it to fight the illness or infection.

Unfortunately these hormones tend to raise blood glucose levels (BGLs) and make it harder for your insulin to work. Combined with changes in your eating and activity levels when you are under the weather, it can be harder to keep your BGLs in your target range.

In most cases, illness will cause a mild or moderate increase in your BGLs for a few days. Your levels will

then return to normal once you start feeling better.

In some cases, particularly with severe infections, your BGLs can become very high and you may need a change or increase in medication.

In rare cases, some people with type 2 can develop a condition called hyperosmolar hyperglycaemic state. This usually occurs when your BGLs are very high (above 30mmol/L) and is more common in older people. Symptoms include extreme thirst, frequent urination, nausea and disorientation. If not treated urgently, it can lead to loss of consciousness and coma.

The best way to avoid major problems with your diabetes when you are sick is to work out a plan of action ahead of time. Here's what to do:

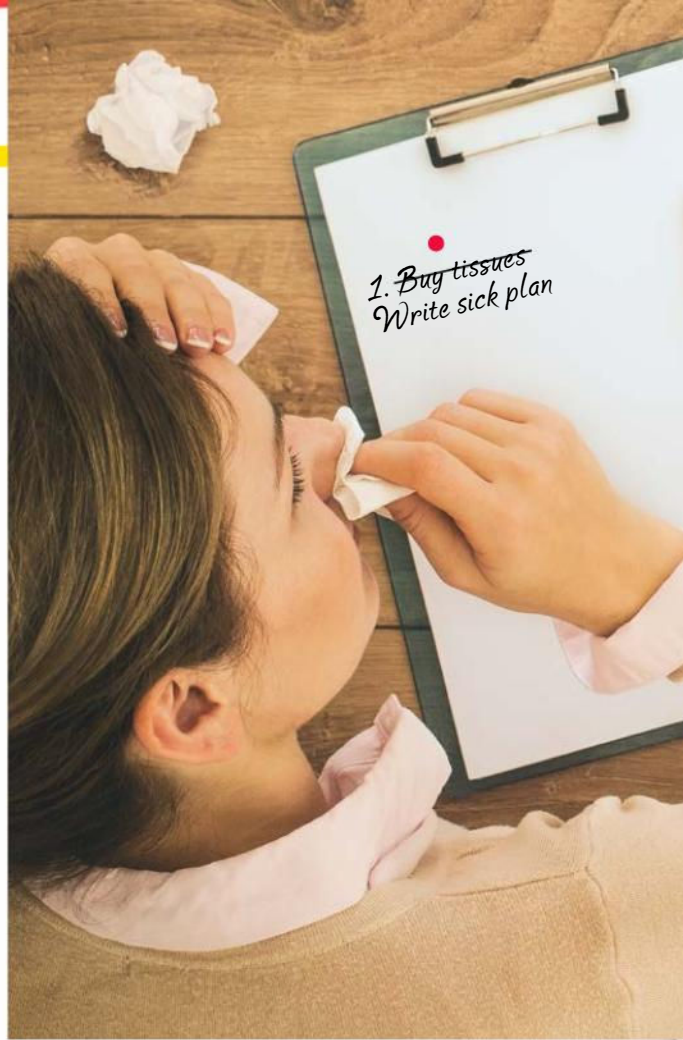


Be prepared. Ask your diabetes educator or doctor to help you develop a sick-day plan. Include details of how often you need to monitor your BGLs, how to adjust your medication, when to contact your doctor or diabetes team, and all your emergency contact numbers.



Put together a sick-day kit. This should include a copy of your plan along with monitoring equipment, quick-acting carbohydrate to treat hypos (if you are at risk) and fluids (both sweetened and sugar-free).

If you take insulin, your GP may recommend you keep some rapid-acting insulin so you can take extra doses if needed. Consider also adding pain relief and a thermometer. ■



DIABETES BY NUMBERS

The insider's guide to... blood glucose levels! Dr Kate Marsh answers your monitoring queries

Q I have been managing my type 2 with diet and exercise for the past few years. Do I actually need to test my BGLs?

A: If you're not taking medication that causes hypos and your BGLs are stable, you probably don't need to monitor at all. Remember, monitoring is only useful if it helps the day-to-day management of your diabetes. A short period of structured monitoring (such as before and after meals) is usually more helpful than just checking your fasting readings each day. Speak with your care team about what is right for you.

Q Why are my BGLs so different from day to day?

A: BGLs are constantly changing and are affected by many different factors. These include the types and

amounts of food you eat, the type, amount and timing of your diabetes medication or insulin injections, your activity levels, stress, illness, other medications you are taking, hormones and even how well you slept the previous night. Everyone's different, so you will need to learn how all these factors affect your BGLs and to use the results to adjust your eating, activity or medication. This will help you keep your BGLs as close to your target range as possible.

Q What kind of numbers should I aim for?

A: Recommended target ranges for people with diabetes differ depending on a number of factors including your age, how long you have had diabetes, the type of diabetes medication and any other medication you are taking, and any other medical problems you might have. It is important to speak with your doctor about your own targets.

As a general guide, Diabetes Australia recommends the following targets for people with type 2:

● **6-8mmol/L fasting and before meals.**

● **6-10mmol/L two hours after starting meals.**

However, if you are not taking medication that can cause hypoglycaemia (see panel on page 123), you may be able to aim for levels similar to a person without diabetes (4-7.8mmol/L).



READERS SHARE

Listen up – your body might be trying to tell you something

“I drink lots and lots and lots of water when I'm feeling ill. Water is my life jacket.”

– Rebecca French

“Whenever I get ill, my blood glucose always goes nuts. My bloods tell me I'm sick before I start to feel it.”

– Sharon Phaup

**‘Before diabetes,
I always worried about
little things. Now I feel
stronger. I don’t sweat the
small stuff. Life is good.’**

– Jan, *DL* reader

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SOOTHE *your* SKIN

Keep your skin soft, supple, healthy and hydrated through the chillier months with these simple *at-home solutions*

More of your skin may be under wraps in winter but that doesn't mean it's in hibernation. In fact, the opposite is true.

Your skin works hard 24/7, shedding millions of cells and renewing itself in the space of about a month, providing a barrier against infection and irritants.

When the first cool days of the year appear, it's a reminder that it's time to show your skin some extra TLC, to support it in its crucial role. This is particularly true for people with diabetes.

'As it is a chronic condition, diabetes can impact on skin by reducing wound healing and circulation, and compromising the skin's protective barrier function,' says Dr Michael Freeman, a spokesperson for The Australasian College of Dermatologists. 'Add freezing weather, heated rooms, chilling

winds and cold viruses to that mix and skin issues such as dryness, itching and cracking may be triggered or worsened.'

Reduce the risk of flare-ups and stay well this winter by giving these at-home skin soothers a try.

In the bedroom

KEEP YOUR TOES TOASTY

Walking barefoot on cold floors increases your risk of cuts and scratches, and can inflame conditions such as chilblains. Having chilly feet also increases your chance of developing a cold, according to research by the Common Cold Centre at Cardiff University in the UK.

Keep your skin and your immune system healthy by slipping on boot-style slippers with a soft inner lining or a pair of non-slip socks.

*Oh dear,
I'm feeling
just a tad
brrr...ittle.*

Don't forget sunscreen!

Regardless of how cold it feels, if the sun is out or even if the day is overcast, your skin is at risk. Apply a broad-spectrum sunscreen 20 minutes before heading out, don a wide-brimmed hat and wraparound sunglasses, and remember to be window-aware.

Although windows in your car or sunroom may block most UVB rays, the glass allows some UVA rays to penetrate, which can lead to sunburn.

A tip from the experts? Avoid nylon socks – these can cause you to perspire, which may lead to fungal infections and skin breakdown. Instead, opt for an 80 per cent cotton or wool blend, which will allow your skin to breathe.

Maximise comfort by buying seamless socks with relaxed top bands and cushioning.

Remember to check your feet daily, too. Watch for fungal infections, keep blisters covered until they heal and avoid shoes that are tight or cause pressure, says Dr Freeman.

INVEST IN A HUMIDIFIER

Heated rooms may feel cosy, but arid indoor air can dehydrate your skin, making it itchier and drier. Ditch the itch by using a humidifier overnight.

‘Don’t keep it on all day and night or the extra moisture could lead to mould growing,’ cautions Dr Freeman. ‘If there is too much moisture in the morning, open windows for an hour or so.

‘Make sure you change the water daily and clean the humidifier according to the manufacturer’s instructions.’

In the bathroom

SHORTEN YOUR SHOWERS

‘Long, hot baths and showers strip your skin of natural oils, leaving it dehydrated and more prone to dryness and itching,’ says Dr Freeman.

To counter this, keep your showers short and avoid hot baths altogether. It’s a good idea to go soap free, too, and instead use a hypoallergenic lotion. And don’t forget to dry off thoroughly.

‘Moist skin can be more prone to fungal infections, so dry

yourself carefully all over your body,’ says Dr Freeman.

That means also drying under the arms, between the toes and skin folds and behind the ears.

ALWAYS ADD MOISTURE

Keeping your skin hydrated and supple is the best way to combat dryness from winter winds and heaters. When you finish your shower, apply a hypoallergenic moisturiser – these don’t contain perfumes, preservatives or other chemicals that may inflame skin.

‘This helps lock in additional moisture under your body lotion or face cream,’ Dr Freeman says.

To get the most out of your moisturiser, remember to rub downwards. ‘This ensures you are rubbing in the direction the hairs grow,’ says Dr Freeman.

It also prevents you from damaging hair follicles, which can lead to infection.

‘Apply moisturiser several times a day or several times an hour if needed,’ he adds.

In the kitchen

STOCK UP ON SOUP

Eating soups and stews helps increase your intake of vegetables and antioxidants, keeps you feeling full for longer and encourages stable blood glucose levels (BGLs). This in turn gives your skin a healthy boost. Why?

‘High BGLs can increase the risk of infections and slow down healing,’ says DL dietitian and diabetes educator Dr Kate Marsh. ‘It can also cause dehydration, leading to dry skin, which is more likely to develop cracks and infections.’

Turn to page 28 for some soup-spiration!

GO FOR GREEN

The polyphenols in green tea may heal skin cells, which can improve its condition and aid wound healing, says the Medical College of Georgia in the US.

Choose loose-leaf varieties – these contain higher levels of skin-boosting polyphenols and antioxidants. ■



Products we love

Shopping for skincare just got easier!



Green Foot Mama Organic Sun, \$35 (120g), nourishinghub.com.au

Sukin Sensitive Soothing Body Lotion, \$19.95 (500ml),

sukinorganics.com **NS-21 Skin Repair Treatment**, \$16.50 (50g),

plunketts.com.au **QV Gentle Wash**, \$29.95 (1L), qvskinicare.com.au

MooGoo Cover-Up Buttercup SPF 15 Natural Moisturiser,

\$29.90 (200g), moogoo.com.au **Palmer’s Cocoa Butter Formula with**

Vitamin E 24 Hour Moisture, \$7.39 (250ml), palmersaustralia.com



Have you ever felt embarrassed about your diabetes? You're not alone. *DL* reader **Ilene Raymond Rush** saw her gestational diabetes and eventual type 2 as 'a weakness and a shameful legacy' from her type 2 father. It was only when she found an online community of people living with diabetes that she could accept her diagnosis.

It's early March in 1985 and I'm in a hospital bathroom. My father is about to undergo a heart bypass; I'm huddled beside a cold ceramic sink, fighting to squeeze out a drop of blood for my new glucose meter. But the more I try to extract the blood, the less cooperative my finger becomes.

I'm scared of the lancet and scared of getting a reading above 8.3. I hate the sight of my own

blood. And what if one of my sisters wanders in and discovers me mid-test?

The truth is that I've kept my condition a secret and I'm terrified of being forced to reveal it. Awaiting the verdict of the device, I'm also awash with shame. Ever since my doctor told me that I have gestational diabetes, I feel like I've done something to hurt my unborn child.

'I followed in my father's footsteps'

Diabetes was always a loaded topic in my family. My father – who was diagnosed with type 2 at age 30 after passing out at a party – never accepted he had the disease. He never followed a diet or exercised regularly. That he lived until 89 was a testament to his many years of physical labour at his hardware store.

My father's attitude drove my mother crazy. She'd beg him to see an endocrinologist and to change his diet. Despite her anxieties, he resisted. I suspect that he saw diabetes as a sign of personal weakness, and to deny or ignore it was to never give in.

Ignoring his diabetes had clear repercussions. My family and I witnessed them – my father might suddenly go pale, start to sweat and come close to passing out from low or high blood sugar levels. Once he pulled over and passed out in his car. (I'll never know what saved him.)

When I discovered, as a university student, that I had pre-diabetes, I followed in his footsteps. Despite my diagnosis, I continued to eat ice-cream, pizza and chocolate brownies.

After graduation, I went every few months for check-ups and my HbA1c levels were always in the normal range. But glucose tolerance tests showed another story – they reached 16.7 and above. Diabetes had not vanished; it was waiting to jump. And jump it did.

Six months into my first pregnancy, I developed gestational diabetes. How was it going to affect my baby? And how could I tell my parents? Diabetes was a weakness and a shameful legacy.

But I wasn't my father. Because of my baby, I had no room for denial. I took control. This meant sometimes four hours of exercise a day. If my blood glucose rose a few points, I cycled it down; if I ate an extra slice of bread, I made for the local pool, where I swam endless laps. The glucose meter was my new companion.

Join DL's online community at facebook.com/australiandiabeticliving magazine

I stuck to my extreme exercise plan until the day before I was induced into labour. The result? A healthy 3.85kg baby boy and two proud grandparents who never knew my secret.

'I found acceptance after 25 years'

Seven years later, when again pregnant, my endocrinologist insisted I take insulin. Although the pregnancy was also high-risk, I had a second healthy baby boy. Afterwards, I believed I was done with diabetes. But two years later I was diagnosed with type 2.

I should have been ready. Though I knew to take good care of myself, I had never truly accepted my diagnosis. What did diabetes have to do with me?

Years passed. And an odd thing happened on the internet: people began to talk about their diabetes. Online, they came clean about

their frustrations, anxieties and triumphs. They were funny and candid and earnest and sad. They did what I was unable to do – accept and embrace diabetes as part of their lives. I began to lurk, then, tentatively, to write about my experiences.

At 55, almost a quarter of a century since I first had gestational diabetes, I came out. I wrote about my years of frustrations with unpredictable highs and lows, about dealing with the stringent diet and exercise, and the link between diabetes and depression.

I followed the most basic of dictums: write about what you know. What do I know? That diabetes is controllable and for better or worse it has something to do with me. Which brings me to today. Out to dinner with friends, I casually pull out my meter, prick a finger and take a reading. If asked what I'm doing, I explain, unabashed. 'You're so matter-of-fact about it,' they say.

I can only smile. ■

How YOU can win

Break the shame cycle with these tips from the experts

Value yourself. 'When we really let ourselves understand what our values are, and value those things, we are less likely to call ourselves bad people,' says psychologist and diabetes educator Joseph Nelson.

'By getting in touch with what we want in the world, we can tell ourselves that we're okay and get rid of the shame.'

Seek support. 'Surround yourself with people who know your deeper motivation to change, who aren't critical, and who are open enough in your relationship with them so that when they do act in a shaming way, you can tell them why what they're saying is counter-productive,' suggests psychologist Ann Goebel-Fabbri.

‘**TYPE 2** Good health, IS PRICELESS’

Having lost a sister to diabetes, Melbourne nurse Vasantha Ragunathan, 63, is determined she *won't be beaten* by her type 2



Did your diagnosis come as a surprise?

Not really. My mother was diagnosed with type 2 at 65 and her mother at 70. I am one of seven children, and my four sisters and I have all been affected by late-onset type 2.

My eldest sister was diagnosed at 56 and passed away about three years ago, aged 67. She developed an infected toe and then her doctor realised her blood glucose levels (BGLs) were really high. Within about four years of being diagnosed she had one leg amputated below the knee, because the swelling from her toe went higher.

Then a few years later she had the other leg removed. She was in a wheelchair for about five years, and she was eating the

wrong food, so she put on a lot of weight. Sadly, she died of a heart attack. She lived overseas and didn't have anyone to keep her motivated or focused, which was very hard for her.

What she went through was a big lesson for me. I really got to understand that diabetes can take you if your management is not good. My mother was really focused and she lived until 92. My family has taught me that your health is priceless.

How are your other sisters faring?

Two of my sisters have pre-diabetes and my youngest sister has had diabetes for the past four years or so. They are very careful about managing their health and they are doing well.

So when were you diagnosed?

In 2002, my doctor ordered some routine blood tests because I was about to turn 50. My HbA1c was 5.8, so was only slightly elevated. But given my history, the doctor wanted tests every year, which was fine by me. Then in 2006 I was diagnosed with type 2.

For 10 years I managed to control my BGLs with diet and lifestyle changes. This year, though, my HbA1c was about 6.75. My GP said, 'You are trying very hard but we don't want to wait for it to get to seven before we start medication.' I now take metformin morning and night, but I had to really try hard to accept the need for this.

I was being a bit naughty and taking one tablet in the morning



LIVING WELL

Daily walks, dietary tweaks and her 'very supportive' husband Ragu (below) keep Vasantha healthy.



and then thinking, 'No, I will not have a tablet tonight.' But my friends said to me, 'Vasantha, you are a nurse – you should know better.' So I did take it and I still do my exercise and look at what I eat. I try my best.

What things are you doing to take care of yourself?

I walk for about 30 minutes every day. I also try to avoid stress and to sleep well. If I have a really good sleep it doesn't seem to even matter what I eat, I get a stable blood result. I think sleeping and relaxing are very important as we get older.

I am 1.57 metres tall and weigh about 85 kilograms. It's not like me to put padding on around the tummy, but that started just before I was diagnosed with type 2, so I try to control my weight with diet.

I think the trick with diabetes is eating things that have high fibre – anything that takes a long time to break down in your tummy.

I used to hate lentils because they gave me bloating and discomfort. I have two grown-up sons – they are typical Indian boys and they won't leave home until they find a girl – and they tell me beans and lentils cause a lot of flatulence. But I soak and cook them really well with lots of ginger, garlic and asafoetida (a spice extracted from a plant of the fennel family) to stop the bloating. So I tell my boys, 'Be quiet – it is cleaning your guts out!'

We now eat beans with onions in savoury pancakes. I cook them in sesame oil, because it is healthy, and I eat them with a bit of chilli. They don't push my BGLs up.

I also eat a lot of herbs: mint, coriander and gotu kola, which some people call the arthritis plant. Another trick I have is drinking a bit of buttermilk. I put a little hot water with it and have it after dinner and then I get really good blood results in the morning.

It sounds like you're pretty good at tracking what impact different foods have on you...

I do try to monitor my diet and my blood glucose levels. I don't do it all the time, but I might test two hours after dinner to assess what type of foods are sending my BGLs up.

If I get a six or seven in the evening that is fantastic for me, because I know then in the morning I will get a five or six. Sometimes if I have eaten chocolate or a treat, I will get a 10 at night and in the morning it will be eight.

How has your family reacted to your diagnosis?

My husband, Ragu, is very supportive. If my sweet tooth is tempting me to eat some treats, he will say, 'Don't take more than one or you will tell me your BGLs have gone up.' My boys go to the gym and are very conscious of being healthy, too, because they understand my family's history with diabetes. ■

Have diabetes and want to share your story?
Email diabeticliving@pacificmags.com.au
or write to *Diabetic Living*,
My Story, GPO Box 7805,
Sydney, NSW 2001.

Subsidy STRIPPED

DL diabetes educator **Dr Kate Marsh** explains what the new government regulations on blood glucose test strips will mean for you

What are the changes and why are they happening?

Until now, all Australians with diabetes have had unrestricted access to subsidised blood glucose test strips to monitor their blood glucose levels (BGLs).

This has meant that anyone, regardless of the type of diabetes they have, has been able to purchase test strips at a subsidised price under the Pharmaceutical Benefits Scheme (PBS) and the National Diabetes Services Scheme (NDSS).

However in 2015, following a review, the Federal Government announced there wasn't enough evidence to prove that the

self-monitoring of BGLs improves blood glucose control, quality of life or long-term complications in those with type 2 who don't use insulin. So from 1 July, people with type 2 who are not on insulin will have restricted access to test strips.

If you are registered with the NDSS (ndss.com.au or 1300 136 588), you can buy a six-month supply of subsidised test strips. The subsidised price is \$16.20 for 100 strips (or less if you have a pension, health care or DVA card). If you want to keep monitoring after this, you'll have to pay the recommended retail price of about \$50 per 100 strips.

People who use insulin or who have gestational diabetes will still have unrestricted access to blood glucose test strips.

What if I'm not on insulin?

If your diabetes care team recommends that you need to continue monitoring your BGLs on a regular basis, they may be able to prescribe an additional six-month supply of subsidised strips, so speak to your GP or diabetes educator. Reasons for extra monitoring include:

- A change in your diabetes management.
- Taking diabetes medications that can cause hypos (low BGLs) such as sulphonylureas.
- Taking other medications that may cause your BGLs to rise, such as corticosteroids.
- Another illness that may impact on your BGLs.

If you are not eligible for subsidised strips, shop around as prices vary between pharmacies.

TOP TIP: ASK AN EXPERT

Want to improve your diabetes self-management and receive expert advice to help you stay well every day? A credentialled diabetes educator (CDE) can help. Find a CDE through the Australian Diabetes Educators Association at adea.com.au/find-a-cde ■



Save money, save strips

How to cut down on waste and make your strips last longer

- ① **Keep an eye on your strips' use-by dates, especially if you are monitoring your BGLs less often.**
- ② **Store your strips in a cool, dry place.**
- ③ **Always put the lid straight back on the bottle after removing a test strip, to avoid exposing them to air and moisture.**
- ④ **Make sure you have a good drop of blood before applying it to the strip, to avoid error messages and wasted strips.**
- ⑤ **Always wash your hands before monitoring to ensure an accurate reading.**
- ⑥ **Speak with your diabetes educator or doctor about the best times to monitor. A short period of structured monitoring (before and after meals for a few days) can be more helpful than just monitoring every morning if your levels at this time are always stable.**



YVONNE'S STORY



After the shock of discovering she had type 2 diabetes, it was her love of dance that proved key to getting Yvonne on the road to health.

Yvonne was diagnosed with type 2 diabetes in 2011 after feeling ill for many years. Constant exhaustion, headaches, ear infections, throat infections and a 20kg weight gain over four years had raised the alarm but she didn't receive a diabetes diagnosis until seven years after her first visit to the doctor.

The diagnosis was "a combination of shock and relief," says Yvonne. "Shocked that it was diabetes, which scared me, but also relief, because I finally knew what was wrong and why I had felt so sick. Then anger because, not having the 'typical' symptoms, it took years to get a diagnosis."

Yvonne immediately set about managing her diabetes with medication, exercise and healthy eating. She attended an event at Diabetes NSW to help her understand how to deal with day-to-day issues and now says her diagnosis was a "blessing in disguise".

An avid dancer, Yvonne has lost 15kg since her diagnosis. Life is now all about staying as healthy as possible and working towards her dream job of becoming an early childhood teacher. Yvonne no longer needs medication and her blood glucose levels have been in the target range for over 12 months.

Yvonne says the help and support she got from Diabetes NSW was fundamental to getting herself well again.

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Powered by INSULIN

Are you new to insulin treatment, and worried? Read on. Our Q&A will help you *feel in control*

If you've just found out you need insulin, or you have to give insulin to your child, your first thought might be of big needles and the ouch factor. The reality? Insulin needles are now so fine they are almost painless to use. And insulin options are no longer one size fits all – they are tailored to different needs.

Your care team can help with an insulin program that works for you in the long term. Arming yourself with the right knowledge in the short term, however, can help ease the tension associated with starting insulin use.

What is insulin... and why do I have to take it?

'When we eat, insulin is released into the bloodstream,' says DL endocrinologist Dr Sultan Linjawi. 'Insulin opens a channel that allows the glucose from your food to be used by your cells for energy.' Some cells – such as those

in the brain – are able to accept blood sugars without insulin. Others, such as muscle cells, require insulin to work properly.

For people with diabetes, insulin injections stabilise blood glucose levels (BGLs) and reduce diabetes symptoms and the risk of developing complications.

'People with type 1 need up to six doses of insulin a day because the cells that produce insulin in the pancreas have been damaged or destroyed,' says Dr Linjawi.

With type 2, the body does not produce enough insulin or is resistant to insulin and doesn't use it normally. As a result, people with type 2 often come to need one daily insulin injection at

bedtime. Some might also need injections with certain meals.

'It's important not to see this transition to insulin as a failure,' says Dr Linjawi. 'Though lifestyle changes and tablets can help treat type 2, it is a progressive condition.'

What kinds of insulin are available?

Insulin is most often given as basal (in one injection to allow your body to use insulin between meals) and bolus doses (usually given before a meal). Insulin comes in five different forms:

Fast acting, such as NovoRapid, Humalog or Apidra, starts to work between one and 20 minutes after being administered. It lasts from three to five hours. You must eat immediately after an injection.

Short acting, such as Actrapid, works within 30 minutes, so you need to inject half an hour before eating. Its effect lasts for six to eight hours. ➤



Intermediate acting, such as Protaphane and Humulin, contains additives like zinc to delay its effects. It begins to take effect about 90 minutes after use and lasts from 16 to 24 hours.

Mixed, such as Humalog Mix, NovoMix and Mixtard, consists of a combination of either fast-acting or short-acting insulin with intermediate-acting insulin. It can be taken before a meal to provide a stable level of insulin for some time after eating.

Long acting, such as Lantus and Levemir, is injected once or twice a day and lasts for up to 24 hours. You'll need to supplement it with short- or fast-acting doses if you have type 1 diabetes. This may also be the case if you have type 2. See your care team for advice.

GOOD TO KNOW: Insulin absorption can be accelerated by factors such as high temperature (for example, after having a hot shower), injecting directly into a muscle, injecting into areas (such as the thighs) that move frequently, or massaging the injection site.

Absorption might be delayed by factors such as smoking (which affects circulation), using cold insulin or overusing the same injection site.

TYPE 1 STEPHANIE'S STORY

I was surprised that it didn't hurt

'When I was hospitalised 15 months ago and learnt – with shock – that I had type 1, the prospect of using insulin felt overwhelming,' says Stephanie Drury, 41, a stay-at-home mum of two young daughters. 'But when I first used a pen, I was surprised by how fine the needle was and how little the injection hurt.'

'Insulin use takes tweaking and I'm still learning to estimate carbs. Just when you think you've got it sorted, your BGLs get thrown out by your menstrual cycle or a stressful day. 'I try not to beat myself up and remember I'm doing the best I can.'

What about my dosage? How is this determined?

Dosages are measured in micro units and vary from person to person. Your GP, endocrinologist or diabetes educator will help you decide how many units you should inject each time. How much you weigh is a factor.

How is it delivered? How costly are the methods?

Gone are the days when injecting insulin involved a thick needle – now, most people inject via more convenient and far less painful delivery systems. The two most popular systems are:

PENS

'You either use a disposable pen pre-filled with insulin or a reusable pen with 3ml insulin cartridges that can be changed,' says Jane Overland, a diabetes nurse practitioner at the Diabetes Centre of Sydney's Royal Prince Alfred Hospital.

'The needles are incredibly tiny and slim, and they don't hurt during the injection.'

What will it cost?

Insulin is subsidised by the Pharmaceutical Benefits Scheme (PBS) and costs \$30 to \$35 per script, or less if you hold a health care card. If using disposable insulin pens, you will receive five boxes containing five pens each per prescription.

As with disposable pens, the cartridge in reusable pens holds 300 units of insulin, for a total of 3ml. Reusable pens are free from your diabetes educator or insulin manufacturers, and each can last for several years.

TYPE 2 TINA'S STORY

I'm getting the help I need

'Type 2 runs in my family,' says Tina Jackson*, 69, a retired journalist. 'I was diagnosed in my early 40s, and this year I went on insulin. I still feel too fearful to give myself the daily insulin injection, so my husband gives it to me. 'To gain the confidence to inject myself, I'm planning to attend special workshops for people who have a fear of needles. The good news is that my diabetes team is very happy with how insulin has helped stabilise my blood glucose levels.'

PUMPS

'These pager-sized devices hold a reservoir of insulin,' says Overland. 'A pump gives a tiny injection just under the skin, using a small cannula which you change every two to three days. The reservoirs are 1.8ml and 3ml.

'In general, we teach people to load as much insulin as they would need for three days, plus a little extra.'

You don't just set and forget – you still need to monitor your BGLs and enter your carbs so the device can calculate how many units of insulin you need.

'Many people use a pump along with a continuous blood glucose monitor,' says Overland. 'This has a little sensor worn just under the skin that attaches to a transmitter which sends readings of your BGLs to the pump.'

What will it cost?

As mentioned, insulin is subsidised by the PBS and costs \$30 to \$35 per script.

Pumps cost \$8000 to \$9000 upfront. Full or part rebates are available through most insurers and some government schemes. Ask your diabetes educator for information.

Pump consumables, such as the cannula and insulin reservoir, are covered by the National Diabetes Services Scheme (NDSS), which is federally funded for people with diabetes who meet certain criteria. If you are covered by the NDSS, consumables can cost between \$20 and \$30 per month. If you are not covered, the cost is about \$200 to \$300 a month.

I'm scared of needles – how do I beat this?

Let's face it – no one relishes the idea of having a needle, so feeling scared or apprehensive at the thought of injecting yourself or a loved one is understandable. With time, injecting will become a part of your routine, but until then, try these tips – or encourage your loved one to try them – before your next injection:

SLOW your breathing: Aim to inhale for three counts, hold for three and exhale for three.

DISTRACT yourself: Sing a song or run through the alphabet in your head.

RELAX your muscles: Drop your shoulders and relax the muscles in your face, arms, hands and tummy.

APPLY cold: Hold an ice pack briefly to the skin to numb the site before injecting. ■

NEED TO TEST ON-THE-GO?



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EASE THE PRESSURE

Keeping your blood pressure in a healthy range is especially important for people with diabetes. Try these *tried and tested* ways to stay low

Four million. That's how many Australians are living with high blood pressure, according to the Stroke Foundation, and many people don't even know they have it.

Having type 1, type 2 or gestational diabetes increases your chances of developing high blood pressure. 'About 40 to 50 per cent of people with diabetes have high blood pressure as well,' says diabetes educator Helen Edwards.

If you have diabetes and high blood pressure, it's important to stay on top of both conditions. 'High blood pressure can worsen diabetes complications and speed up the process of hardening of the arteries and kidney disease,' says Edwards.

'This leads to an increased risk of heart attack, stroke and kidney failure. Taking good care of your diabetes and blood pressure can decrease, delay and sometimes prevent these problems.'

The Stroke Foundation's Sharon McGowan agrees. 'The lower your blood pressure, the lower your risk of stroke, so it's important to check your blood pressure regularly and have it confirmed with your doctor,' she says.

'Healthy lifestyle habits can also help, such as eating well, quitting smoking, reducing alcohol intake and exercising daily.'

Need some help to get there? Here's where to start:



Blood pressure monitor

Strap this to your arm or wrist to monitor your blood pressure. 'A normal reading is around 120/80,' says McGowan. 'If yours is consistently higher – at 140/90 or more – it may be damaging your blood vessel walls. Talk to your GP about controlling it through diet, exercise and, possibly, medication.'

Cost \$100-\$200. Check out Priceline Pharmacy's wide range of blood pressure monitors instore or online (priceline.com.au).



Pedometer If you're keen to move more, strap on a pedometer for motivation and aim for at least 10,000 steps a day.

Cost \$20-\$50.



Meditation trainer

Mindfulness meditation can help lower blood pressure, according to research by Harvard

University. The 'Take10' guided program teaches you the basics over 10 days. If you enjoy it, you can subscribe to access more.

Cost The basic Take10 program, via headspace.com, is free.



Food diary 'High salt intake can raise your blood pressure,' McGowan says. Record your food intake in a diary and discuss your findings with your diabetes educator or dietitian.

Cost \$15-\$50.



Sleep tracker Studies have shown that interrupted Zs can cause blood pressure spikes, so it's worth checking your sleep quality. Worn on your wrist like a watch, a tracker can tell you how long you took to fall asleep, how many times you woke and how many hours you slept.

Cost \$50-\$70.



Scales 'Being inactive, overweight or both can increase your risk of high blood pressure, high cholesterol, heart disease and stroke,' says McGowan. Invest in scales and use them to monitor your weight.

Cost \$30-\$150. ■

Let's get to the point

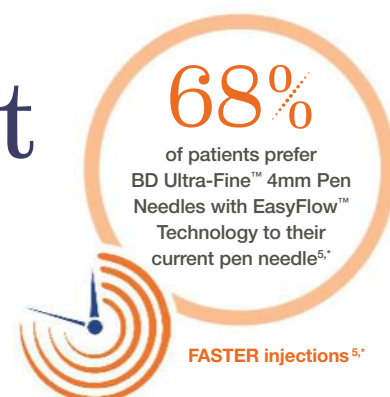
It's important to know your needles. A quick health check of the pen needles you use to inject your diabetes medication will keep you up to date with the latest technology and ensure a healthy injection technique.

It doesn't matter which brand of insulin pen you use, the BD range of pen needles will fit all brands of insulin pens.[†] The BD Ultra-Fine™ 4mm Pen Needle is the smallest and thinnest needle in the BD range, and is suitable for most people with diabetes, including children and those who are overweight.^(1,4-7)

The BD Ultra-Fine™ 4mm Pen Needle

has been shown to significantly reduce pain, is easier to use and provides a faster, more comfortable injection – especially if you have limited hand strength.^{4,5,#,*}

Talk to your diabetes healthcare professional or visit your local NDSS outlet for more information
osd.ndss.com.au/search/



5-bevel Technology
for a more
comfortable
injection^{4,#}



Is your injection technique hitting the mark? Take a look at our guide to find out if your pen needles are helping you in managing your diabetes.

BD pen needles are compatible with all brands of insulin pens[†]



QUESTION	REASON	GUIDANCE
Do you know the brand of your insulin pen needle?	You may not be using the latest technology which can affect your injection experience. There may be needles available that are better suited to you, so it's worth investigating.	Check your current box of pen needles for the brand and length of pen needle you're using. Have a chat with your Diabetes Educator or other healthcare professional to ensure you're using the most suitable needle.
Are your needles 6mm or shorter in length?	Shorter needles reduce the risk of your medication being injected into the muscle. ¹ Medication injected into muscle can result in hypos, pain, bruising and bleeding. ¹⁻³	Consider changing to the BD Ultra-Fine™ pen needle 4mm or BD Micro-Fine™ 5mm pen needle to ensure your medication is injected into the fat layer to avoid unnecessary complications. ^{1,3}
Are you using a needle with a 5-bevel tip?	Most needles feature a 3-bevel needle tip. A 5-bevel needle tip has been shown to ease into the skin with less force and is significantly less painful. ^{4,#}	Consider changing to a BD Ultra-Fine™ 4mm pen needle with a 5-bevel needle tip for a more comfortable injection experience. ^{4,5,#,*}

[†]Compared to standard BD thin wall needles. [#]Compared to BD 3-bevel pen needles ^{*}All insulin pens at February 2016.

Always consult your doctor or healthcare professional regarding treatment of your diabetes.

1. Gibney M, Arce C, Byron K, Hirsch L. Curr Med Res Opin. 2010; 26(6): 1519-1530 2. Australian Diabetes Educators Assoc. Clinical Guiding Principles for Subcutaneous Injection Technique. October 2015. 3. Frid A, Hirsch L, Gaspar R, et al. Diabetes Metab. 2010; 36: S3-S18. 4. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335. 5. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35: 923-933. 6. Lo Presti D, Ingegnesi C, Strauss K. Pediatr Diabetes. 2012; 13(7): 525-533. 7. Bergenstal R, et al. Mayo Clin Proc. March 2015; 90(3): 329-338.

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TYPE 1

‘I MAKE DIABETES *fit into my life*’

Being diagnosed with type 1 hasn't stopped celebrity personal trainer Cameron Byrnes, 36, from pushing himself and *inspiring others* to do the same

Did you have any inkling you were unwell before you were diagnosed?

I did, but I just ignored the symptoms. I hadn't had a good night's sleep in more than a year. I was getting up every hour to go to the bathroom, and by early afternoon I was exhausted. I lost 8kg and it felt like there was no petrol left in the tank – I was burning up fat just to function every day.

Part of me thought this was what happened when you tried to be a personal trainer at my age. And the 'tough and strong' part of me didn't want to engage with the idea of being unwell on any level.

How were you diagnosed?

Just before last Christmas I felt so terrible I saw my GP. He was

able to do a blood test on the spot because I hadn't eaten for more than four hours. My blood glucose level (BGL) was 17. He said that was way too high and arranged for me to see an endocrinologist.

Within half an hour of the endocrinologist giving me insulin my BGL dropped by half. I started having an insulin injection before meals and within about five days my whole world turned around.

I sleep so much better now, which has made a huge difference. I have enough energy to go for a run at 4pm and I feel like I have a full day now. It's great.

What was your reaction to learning you had type 1?

I reckon I had a 30-minute breakdown when I got the news

because I've been fit and healthy for most of my life. It really was a shock. My grandfather had type 1, and a few of my cousins have it as well, but I still couldn't believe it was happening to me.

I managed to get things into perspective pretty quickly, though. I thought, 'It's not cancer and I'm not dead or dying.'

An hour later, when I was leaving the endocrinologist's office, I said to myself, 'I am not going to change my life. I'm going to make diabetes fit into my life.'

Between training clients, working with celebrities, working for *Men's Health* magazine and doing my own personal training, I don't have time to make my life about diabetes. I am Cam Byrnes. I'm not Cam Byrnes with diabetes.

Are needles a problem?

I just use a standard insulin pen. I don't have any stomach fat, so it hurts a bit, but I don't stop to think about it. I just do it.

What impact has your newfound knowledge of diabetes had on your work?

I train a couple of people with pre-diabetes. Now I understand diabetes so much better, I understand what their bodies are doing and I can explain it, which can be motivating.

It can be hard working with someone who doesn't want to believe they're facing diabetes, or who has given up trying to beat it. But it's enormously rewarding when you coach someone and they get the results they were after.

All my programs are about empowering people to make a change. To change your mindset and get results, you've got to find the power within yourself.

How do people respond when they learn you have diabetes?

Most people don't understand diabetes or the difference between type 1 and type 2. Often they'll say to me, 'You weren't a typical candidate for it, were you?' I explain it's type 1 and my pancreas isn't producing insulin, so my body can't use the food I eat, which means I take insulin to get energy into my muscles.

Have diabetes and want to share your story?
Email diabeticliving@pacificmags.com.au
or write to *Diabetic Living*,
My Story, GPO Box 7805,
Sydney, NSW 2001.

ACTION MAN

'To get results, you've got to find the power within yourself,' says Cameron.



FINDING BALANCE

Cam's tips for staying well when every day is different

I prepare all my own meals and eat a lot of brown rice, chicken and vegetables. I have protein every breakfast – bacon or ham and eggs – and if I'm working out I might throw in some carbohydrate.

The biggest struggle has been deciding when to take insulin and eat while training. I've got no set routine – I might train someone at 6am, then do hill sprints with radio host Merrick Watts before a gym session. The next day, I might run, do a weights session and then another run.

I eat at different times every day and do different activities, so I'm forever juggling to get it right.

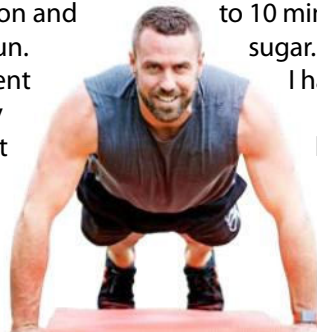
With exercise, you need less insulin, so it's easy to have a hypo (low BGLs) while working out. I've learned I'm in the danger zone before and after training.

My first bad hypo occurred after a gym session. I was sweating and shaking and had no idea what was happening. Luckily my assistant, Sandi, was there – her mum has type 1 so she normalised it, which helped.

Now I'm better at knowing what my body needs. When I have a hypo it comes good within five to 10 minutes of eating sugar. I hate lollies, but

I have to eat them.

It's a matter of knowing that diabetes is always there and I can't slack off. ■



4 REASONS *to*

With benefits such as better blood glucose levels, reduced stress

You've probably heard a lot about yoga but never thought it was right for you. Too hard. Too costly. Too trendy. The truth is, yoga has been practised for thousands of years by people of all ages, sizes and shapes – and there are many good reasons why.

Whether it's physically demanding ashtanga yoga; Bikram, which is performed in a heated room; or slower-paced Iyengar, which is ideal for beginners, all forms of this ancient mind-body exercise have fantastic health benefits. No expensive tight Lycra outfits required!

From seeing a real shift on the scales to giving your diabetes management plan a helping hand, here's what you can look forward to once you make yoga a regular part of your life.

BENDY BENEFIT 1

Fitness and flexibility

'Yoga improves aerobic fitness, increases muscular strength and endurance, and improves flexibility,' says exercise physiologist Wynter Chan, founder of Melbourne Yoga and Pilates fitness studio.

A 2014 study found it can lower blood pressure, cholesterol levels, heart rate and other cardiovascular risk factors just as effectively as traditional forms of aerobic exercise such as walking or running.

BENDY BENEFIT 2

Better blood glucose levels

In an Indian study, researchers found that when people living with type 2 diabetes committed to doing yoga regularly over a three-month period, they saw a positive impact on their body mass index (BMI) and glycaemic control.

'It is important for people with diabetes to increase lean muscle mass for better insulin management, and I find that yoga can do just that,' says Chan.

'When you're doing yoga, you're using your body weight as resistance and that's a very efficient way to increase body strength,' she says.

'It is also low impact so it's an accessible form of activity for most people living with diabetes.'



downward dog!

and a *slimmer body*, now is the perfect time to give yoga a try

BENDY BENEFIT 3

Less stress, brighter moods

'Many people take up yoga because of the big positive effect it can have on mental health,' says Chan. 'Yoga has deep roots in breath control and meditation, both of which are foundations of stress reduction and relaxation.'

Scientists agree, with one US study finding that people in high-stress caregiving roles were able to reduce their stress levels after two months of practising a chanting style of yoga for just 12 minutes a day.

And a Boston University study has found that yoga trumps walking when it comes to helping you feel happy. *Namaste!*

BENDY BENEFIT 4

Fat loss and healthier eating

Scientists have made a connection between restorative yoga (which is less about challenging poses and more about relaxation) and a reduction in body fat levels. One study found regular practice of this type of yoga can help prevent middle-age spread and promote weight loss.

Why? One explanation is that yoga promotes mindfulness, which has a knock-on effect on eating habits. This results in you paying closer attention to what you're eating, meaning you're less likely to eat out of stress

Asanas: All forms of yoga are based on a series of structured poses called *asanas*, which are done in conjunction with breathing techniques.

or boredom and more likely to put down your fork when you're feeling full.

GETTING STARTED

Three things to consider before you roll out your yoga mat

Find the best teacher for you

Chan suggests speaking with your care team before booking a private lesson with a qualified instructor to ease into yoga. 'See someone who has some diabetes knowledge and can modify poses to suit you.'

Go to yogaaustralia.org.au or call 1300 881 451 to find an instructor.

Wear the right gear

'This means loose, comfy clothes,' says Chan. Yoga is typically done barefoot, but if you have foot problems, grip socks can help with balance or you can try a softer-soled shoe.

Speak with your care team or podiatrist about what suits you.

Make a commitment

You can't expect to see results in one or two sessions every few months.

'To reap the rewards, you need at least two sessions a week,' Chan says. 'Consistency is the key to results.' ■



Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will *thank you!*



Bone up on arthritis

Sore joints? The culprit may be rheumatoid arthritis – which can be managed

Will it affect me?

‘The strongest risk factors for rheumatoid arthritis are being female, having a family history of autoimmune diseases (especially rheumatoid arthritis) and smoking,’ says Arthritis Australia’s medical director, Associate Professor Susanna Proudman. ‘Obesity and periodontal (severe gum) disease may also play a role.’

At present, there is no way of preventing the onset of rheumatoid arthritis.

Symptoms checklist

According to the Australian Institute of Health and Welfare, the main symptoms of rheumatoid arthritis are pain, swelling, fatigue, stiffness and a reduced range of movement in your joints. Speak with your GP if you experience any of these symptoms – if left untreated, rheumatoid arthritis can cause permanent damage.

Give aches the flick

Oral and topical medications can help reduce the pain and swelling associated with rheumatoid arthritis and prevent further damage, too. Speak with your doctor or pharmacist if you would like more information.

Prof Proudman says a diet high in healthy omega-3 fats (such as those found in oily fish) or a high-dose fish oil supplement can help you to manage pain.



Grease it by moving it

Exercise is a great way to keep your joints limber and to reduce the ouch factor of rheumatoid arthritis, according to Prof Proudman. Walking, swimming and strength-building exercises such as weightlifting have all been shown to have a positive effect on symptoms.

KEEP IN MIND: Prof Proudman suggests avoiding high-impact exercises such as aerobics during episodes of inflammation.

‘However,’ she adds, ‘these exercises are fine if the disease is well controlled and there is no significant joint damage.’

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2 Prepare for the big chill

Winter-proof your blood glucose levels with these simple self-care strategies

'Cold weather may affect diabetes in a number of ways,' says DL GP Dr Gary Deed. 'Monitoring may be painful due to cold hands having less blood flow. Also remember that freezing weather might affect your medicines and the accuracy of your equipment.'

The fix? Try washing your hands in warm water before testing your blood glucose levels (BGLs). And be careful not to store your medications or equipment where they will be exposed to cold weather, such as your office or car.

Being less active in winter may raise your BGLs, cautions Dr Deed. Keep on top of your fitness plan with indoor workout suggestions by DL accredited exercise physiologist Christine Armarego (see page 16).

'Lastly, respiratory infections are often accompanied by fluctuating BGLs, so consider testing more frequently when unwell,' says Dr Deed.

Ask an expert

Fighting a cold or the flu? Keep in mind that some over-the-counter treatments contain pseudoephedrine, a decongestant which can cause blood glucose spikes in people with type 2 diabetes.

Pseudoephedrine can also exacerbate high blood pressure. Speak with your GP or pharmacist about alternative treatments if you have type 2 or high blood pressure. ➤





Meet the
D team

2



Let the sunshine in

Are you getting enough vitamin D? Amp up your levels with two simple tweaks

Vitamin D is vital for maintaining everything from strong bones to a healthy ticker. The best way to boost your levels is to catch some rays, because sunlight triggers the production of vitamin D in your skin.

If it's late autumn or winter, the Cancer Council recommends spending 10 to 20 minutes enjoying sun exposure outdoors in the middle of the day. It suggests leaving areas such as the arms bare.

Give your stores an extra kick by tucking into vitamin D-rich foods, which include egg yolks and oily fish such as salmon, sardines and mackerel.

4



Sock it to me!

Show your feet some TLC by investing in a pair of diabetes-friendly socks

Fact – good diabetes management starts from the feet up. When you're living with type 1 or type 2, you are more susceptible to problems such as ulcers, poor circulation and neuropathy (nerve damage), which is why it's vital to take good care of your tootsies.

In addition to checking your feet daily for problems such as cuts and abrasions, wearing comfortable, well-fitting shoes and seeing your podiatrist for regular

check-ups, it's a good idea to invest in a few pairs of diabetes-friendly socks. Pick ones that are:

- **Seamless...** Socks with seams can cause blisters or ulcers by rubbing against your skin.
- **Breathable...** Fabrics such as cotton and wool help keep your feet from sweating, which in turn, can safeguard against fungal infections.
- **Warm...** If you have circulation problems, warm socks can boost blood flow to your feet.
- **Cushioned...** Extra padding can help protect your feet from injuries.

BEST BUY: Thermoskin has a range of supportive, diabetes-friendly socks and slippers. Visit thermoskin.com for more information. ➤



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HEALTH *check*

5



Keep bowel cancer at bay

Reduce your risk while boosting your diabetes management

'Bowel cancer is more prevalent in people with diabetes, regardless of gender,' says *DL* GP Dr Gary Deed.

Research suggests that having diabetes increases your risk of developing bowel cancer by 30 per cent.

In addition to having type 1 or type 2, smoking – in the past or present – also amplifies your risk, as does having a family history of colon cancer.

If you fit this bill and are over 50, Dr Deed recommends you speak with your GP about undergoing a simple stool analysis. 'Being of unhealthy weight or obese also carries an increased risk of bowel cancer,' he adds.

Turn to page 98 for healthy eating and weight loss tips, or speak with your care team about how to whittle down your waistline.

Not only will shedding excess kilos help you reduce your bowel cancer risk, it will also help stabilise your BGLs. Win-win! ■

WORDS REBECCA LAKE PHOTOGRAPHY
GETTY IMAGES, ISTOCKPHOTO



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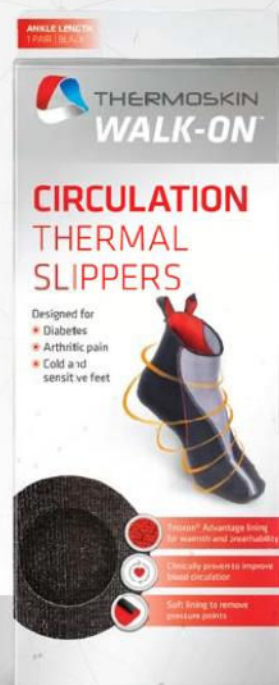
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- 89 Fruit and walnut oats ●
- 89 Ham, spinach and mushroom toastie
- 89 Yoghurt cinnamon berries ●

SNACKS

- 63 Carrot cake with cream cheese icing ●●
- 63 Carrot, orange, apple and mint juice ●●
- 96 Coconut and lime biscuits ●●●
- 22 Raspberry ricotta slice ●
- 97 Rhubarb, pear and almond cake ●●

LIGHT MEALS

- 62 Beef, carrot and currant fingers ●●●●
- 62 Carrot and ginger soup ●●●●
- 62 Carrot and leek slice ●●●●
- 36 Creamy sweetcorn and mussel chowder ●●
- 38 Parsnip and celeriac soup with walnut pistou ●●
- 34 Smoky paprika and sweet potato soup with chickpeas and prosciutto ●●

MAINS

- 20 Baked meatballs with fresh tomato sauce ●
- 36 Beef in red wine ●●

- 69 Cherry tomato, bocconcini, basil and prosciutto pizza
- 37 Chicken stew with pearl barley and olives
- 80 Chickpea and avocado burgers ●●
- 78 Creamy salmon, fennel and corn pasta ●
- 78 Easy green chicken curry pies ●
- 54 Fish curry ●
- 68 Fish with stir-fried vegies ●●
- 36 Lamb and vegetable stew with herb dumplings
- 52 Lamb masala ●●
- 23 Mediterranean-style lamb shanks with mash ●●
- 68 Mexican beans and egg tortilla ●●
- 80 Mexican beef stuffed sweet potatoes ●
- 34 Moroccan chicken and chickpea stew
- 79 Pork with lentils, brussels sprouts and sage ●
- 52 Potato, cauliflower and pea curry ●●●
- 79 Roast chicken with maple and rosemary vegies
- 78 Seared tuna with grapefruit and cucumber salad ●
- 55 Spinach and tomato dhal ●●●

- 68 Steak with roast potatoes and pea salad ●
- 54 Tandoori chicken with vegetable skewers ●●

ACCOMPANIMENTS

- 53 Coriander, mint and cucumber yoghurt ●●
- 85 Mandarin and lime spread ●
- 53 Onion and tomato relish ●●
- 96 Quick berry sauce ●●
- 53 Roti bread ●
- 53 Saffron rice ●●

DESSERTS

- 96 60-second dessert
- 88 60-second winter dessert
- 46 Apple puddings
- 46 Apple, rhubarb and ginger crumble
- 46 Butterscotch self-saucing pudding
- 47 Golden syrup dumplings
- 85 Mandarin and banana fruit salad with warm ginger syrup ●
- 85 Mandarin and vanilla crème brûlée ●
- 47 Pear and chocolate bread pudding ●

DRINK

- 95 Lemon and raspberry iced tea ●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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NDSS Product Code: 101

TO THE POINT

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MARKET PLACE

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14(8): 741-747. 2. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335. Consumers should seek advice from their Healthcare Professional regarding treatment options. 5 Compared to standard BD thin wall pen needles. # Compared to standard BD 3-bevel pen needles. References: 1. Aronson R. Diabetes Technol Ther. 2012;

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Postcards from the SHED



Everyone's favourite chippie **Rob Palmer** reveals how to enjoy a wedding without your diabetes upstaging the bride



They are up there with the best crowds of all. Positive, full of love and geared up to laugh at any joke a nervous speaker may pluck up the courage to deliver. People at wedding receptions never fail to impress me with their adoption of heartfelt

and genuine joy that only matrimony can bring.

Unfortunately, weddings can sometimes create plenty of adversity for guests celebrating with diabetes – unless a few reassuring precautions are taken.

There have been times when I have bundled along with everyone else... until that moment occurs that you can easily identify in hindsight but just can't stop at the time. Half of those nearby peg you for a young version of the old drunken uncle slurring babble from the deluded comfort of a near-empty glass. Others may be uncomfortably cautious, wondering why you have suddenly lost it and are dampening an otherwise joyous occasion.

Those who know type 1 diabetes, however, will always be there to provide a sense of calm, practical assistance and rationality to eliminate panic stations altogether.

It seems to me that there is always a distinct lack of carbohydrates on the menu at most

weddings. So, be aware going in, that the food you will get, although delicious, may not match the amount or type you usually need.

The following is a formula I use for any event where there are tables, food service and maybe a glass of wine or a beer here and there. It starts by identifying the staff charged with providing the meals. (Simple stuff so far.) Then – and this can be a challenge for some – make diabetes known to the

head of staff and become familiar with the timing and substance of the meals that will follow.

I have always found people very generous and eager to help. If you are a little backward in coming forward, having mates or people with you that are familiar with your diabetes is always a plus.

Once at a rugby dinner, as I began to make my approach, a senior staff member stopped me

to say that a friend had already addressed the manager and all my needs would be taken care of. I felt like some weird royalty, and comforted as well.

So, at weddings, identify your allies and speak up. It may be all about the bride and groom on the night, but snatching a little attention early on can stop you from drawing unwanted attention later. It's not just family and friends that fill the room with good feeling for all; the staff, with added awareness, are geared up to ensure the night runs smoothly for everyone. ■

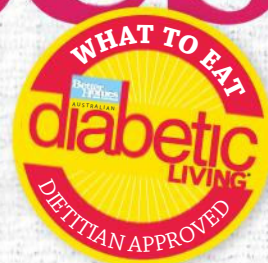
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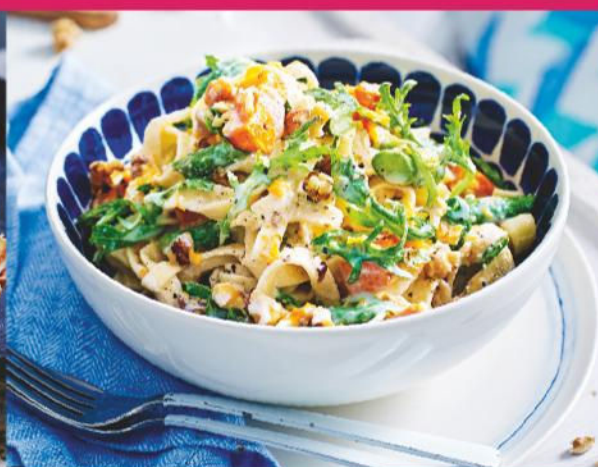
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